

Hand Washing



1 WET YOUR HANDS WITH WARM WATER
In hand basins provided.



2 USE SOAP TO WORK UP A LATHER
For at least of 30 seconds



3 RUB PALM TO PALM



4 WASH PALM TO PALM WITH FINGERS INTERLACED



5 RUB WITH BACK OF FINGERS



6 WASH THUMBS



7 WASH FINGERNAILS



8 WASH WRISTS



9 RINSE OFF SOAP UNDER RUNNING WARM WATER
For no less than twenty seconds



10 DRY WITH PAPER TOWEL & PLACE PAPER TOWEL INTO A HANDS FREE BIN
Do not use uniform or tea towels

STAFF MUST WASH THEIR HANDS BEFORE:

- Starting work
- Putting on new gloves
- Handling raw food

STAFF MUST WASH THEIR HANDS AFTER:

- Going to the toilet
- Handling raw ingredients
- Eating food
- Disposing or handling waste
- Handling animals
- Touching any part of the body
- Habits that may cause contamination such as licking fingers, biting nails, smoking, touching pimples or sores
- Each break
- Attending to a resident

NEED MORE TRAINING? OUR FOOD SAFETY EXPERTS ARE HERE TO HELP
Call (03) 9560 1844 or email info@oscarcaregroup.com.au