

TOOLBOX

KEEP IT CLEAN: HANDWASHING

Event Supply Checklist

- Handwashing sink with paper towels, soap, warmwater, and a trash can.
- Single use gloves, deli paper
- Cooking and serving utensils.



Introduction:

Food handlers with dirty hands are a major source of the microorganisms that cause foodborne illness. Hands are a food preparation utensil that can transfer bacteria from a contaminated food (raw meat), utensil or work surface to ready-to-eat foods, cooking or serving utensils and food contact surfaces such as counters or cutting boards.

Objectives:

Participants will:

1. Explain how dirty hands spread microorganisms
2. Demonstrate how and when to wash hands
3. Demonstrate proper use of single-use gloves and other utensils used to prepare and serve ready- to- eat foods

Teaching Aids:

- Glo Germ kit
- Handwashing posters
- Variety of single-use gloves, deli paper
- Examples of foodservice cooking and serving utensils (forks, spoons, ladles, tongs, etc)

Activities:

Part A: Handwashing

1. Instructor sprinkles a small amount of "Glo-Germ" powder into the palm of his/her hand.
2. The instructor greets participants and shakes their hands. After introductions, participants shake hands with the person sitting next to them.
3. Instructor uses the ultra violet light in the kit to show the "powder" has spread from person to person to objects in the room.

Discussion Points

- Pathogenic microorganisms cause foodborne illness
- Microorganisms "travel" throughout the food preparation and serving areas. Relate to how the "powder" was distributed throughout the room. Emphasize the following:
 - People are the major source of foodborne illness
 - Microorganisms are all around us. You cannot see or touch them. It is very easy to spread them to food with "dirty" hands.
- Handwashing is one of the keys to reducing foodborne illness
 - One fourth of the foodborne illness outbreaks can be traced back to lack of proper handwashing
 - Hands are our main food preparation tools- need to keep them clean
- Always wash hands:(Use Connecticut poster and participant handout)
 - Before preparing any food
 - After touching any part of your body
 - After using the toilet
 - After coughing, sneezing, using a handkerchief or tissue, using tobacco, eating or drinking
 - During food preparation after handling raw foods and before preparing ready to eat foods

- After any activity that may contaminate hands- i.e. taking out the garbage, handling cleaning chemicals, picking up dropped items
- What is the correct way to wash our hands?
 - Use warm running water and soap
 - Rub hands together for at least 20 seconds washing all surfaces thoroughly including wrists, palms, back of hands, fingers and under the fingernails
 - Dry with a single use paper towel
 - When using the restroom, use a single-use paper towel to open the door of the rest room; wash hands again upon returning to the kitchen

Part B: Single Use Gloves/Limiting Bare Hand Contact with Ready to Eat Food

If your local regulatory authority does not require the single-use gloves to limit bare hand contact, you might suggest their use as another means of reducing the risk of foodborne illness.

However, stress proper use of gloves and utensils. Research has shown that bacteria adhere more to single-use gloves than clean hands. The 2001 FDA Model Food Code and the guidelines for inspecting temporary food establishments developed by the Conference for Food Protection and adopted by FDA recommend limited bare hand contact with ready to eat foods.

Discussion Points:

- Local regulations may require using single use plastic gloves as a means of limiting bare hand contact with ready to eat foods.
- What does it mean? Bare hands can not touch ready to eat food- i.e. cakes, cookies, sandwiches, bread, raw vegetables
- How can I limit bare hand contact?
 - Single-use gloves (show examples)
 - Always wash your hands and bandage any cuts or scrapes before putting on the gloves
 - Use the utensil most suited to the food you are serving- i.e. cookies-deli paper salad-utensils
- **NEVER Substitute** the use of single-use gloves for mixing utensils
- Discuss the issue of latex gloves and allergies. Check with your local health regulatory authority concerning regulations relating to their use. Show several types of gloves during your presentation. Also provide a list of local sources for single-use gloves.
- What about hand sanitizers? State and local regulations do not allow for the substitution of hand sanitizers in place of proper handwashing. Sanitizers may be applied after hands have been properly washed. See the Planning Guide for illustrations of simple handwashing facilities. If the conditions are very primitive and there is no access to potable water, a hand sanitizer may be used, if a local regulator grants approval. If this is the case, select one with the highest alcohol content. **REMEMBER THIS SHOULD NOT BE USED AS A SUBSTITUTE FOR HANDWASHING- EVEN WASHING WITH COLD WATER IS BETTER THAN NOTHING!!!**

Note

If “Glo-Germ” is not available, the instructor may coat their hands with flour rather than Glo-germ. Look for traces of flour on hands after greeting participants with a handshake.

Sources for Materials

1. Glo Germ Kit- Glo Germ Company, PO Box 189, Moab, Utah 84532, 1-800-842-6622, www.glogerm.com. Average price of kit-\$65.00