



Wash your hands

Washing your hands with soap and water before handling food is one of the most important, simplest and easiest methods to reduce the spread of microorganisms to food. The action of washing your hands loosens grease and oil and removes bacteria from them. Handwashing is not just getting your hands wet, it is a mechanical process. Soap acts as a lubricant for the mechanical process and it also loosens the grease and oils.

How to wash your hands properly

- Wet your hands with clean, running water
- Apply liquid soap and lather well for 20 seconds
 - Rub hands together across all surfaces of your hands and wrists
 - Don't forget the backs of your hands, your wrists, between your fingers and under your fingernails
 - Jewellery should not be worn during food preparation
- Rinse well under running water, rubbing while rinsing
- Dry your hands using a paper towel

When to wash your hands

- Before, during and after preparing food
- Between handling raw and cooked or ready to eat foods
- After handling raw meat, poultry, seafood or eggs
- After using the toilet
- Before and after eating
- After using a tissue or handkerchief
- After smoking
- After handling rubbish
- When your hands are visibly dirty or contaminated with food

