

CLEAN HANDS. SAFE FOOD.

WASH YOUR HANDS PROPERLY

1



WET

Wet hands with warm running water.

2



SOAP

Apply liquid soap.

3



SCRUB

Rub all parts of your hands for at least 20 seconds: palms, backs of hands, between fingers, thumbs, fingertips and nails, and wrists.

4



RINSE

Rinse well under running water.

5



DRY

Dry thoroughly with a disposable paper towel. Use it to turn off a hand-operated tap, then discard it.



WASH YOUR HANDS

Before handling ready-to-eat food • after handling raw food • after using the toilet • after cleaning or handling waste • after touching your face or phone • after breaks



HAND GEL AND GLOVES DO NOT REPLACE HANDWASHING