



DID YOU KNOW?¹

- ◊ On average, you come into contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs.
- ◊ Failing to wash hands correctly contributes to nearly 50% of all foodborne illness outbreaks.
- ◊ There is fecal matter on 10% of credit cards, 14% of banknotes (money) and 16% of cell phones.
- ◊ Proper handwashing can reduce diarrhea rates by 40%.
- ◊ Only 20% of people wash their hands before preparing food, and 39% before eating food.

Frightening Facts About Hand Hygiene

What We Know:²

- Workers were more likely to wash their hands
 - When they are not busy.
 - In restaurants that provide food-safety training.
 - In restaurants with more than one hand sink and with a hand sink where the worker can see it.
- Workers in an hour period conducted 9 activities each requiring a handwash. But they only washed their hands about 2-3 times in that hour.
- Only 1 in 4 workers washed their hands after preparing raw products or handling dirty equipment, and only 1 in 10 workers washed their hands after touching their face or body.

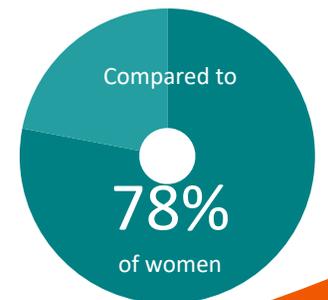


15%

Of men don't wash their hands at all, compared to

7%

of women



How Clean Are Your Hands?



HANDWASHING

Follow these steps to wash hands correctly:



Wet hands with warm running water



Apply soap



Scrub hands and lower arms for 20 seconds



Rinse



Dry with disposable paper towel



Turn off water with paper towel

HYGIENE

GLOVES

Wear gloves to avoid bare hand contact



Wash hands before putting on gloves



Single-use gloves can be worn up to 4 hours on a single task



Gloves must be changed between tasks

WHEN TO WASH YOUR HANDS

- Before starting **work shift**
- Before and after handling **raw meat, eggs, and ready-to eat foods**
- Before putting on **disposable gloves**
- After using the **restroom**
- Handling any **chemicals** (e.g. additives and cleaning agents)
- After **sneezing** or **coughing**
- After touching your **skin, hair** or your **apron**
- After handling **garbage/waste**
- After removing **gloves**
- After **eating, drinking, or smoking**
- After handling **dirty equipment**
- After **cleaning**

