

Module 1 Overview:



Handwashing



TRAINER: Read this page ahead of time to prepare for teaching the module.

PARTICIPANTS WILL:

1. Understand the link between poor handwashing and **FOODBORNE ILLNESS**.
2. Demonstrate proper handwashing procedures.
3. Identify when and where to wash hands.

TIME: 15 minutes

TEACHING LOCATION: Kitchen or food preparation area with handwashing sinks

MATERIALS NEEDED:

- Activity: Handwashing Demonstration (p. M1-5)
 - Designated handwashing sink
 - Soap and paper towels
 - Nailbrush (optional)
 - Hand sanitizer (optional)

COPIES REQUIRED:

- Pre and Post Quiz
- Talking Points (p. M1-4)
- Activity: Handwashing Demonstration (p. M1-5)
- Fact Sheet: Handwashing (p. M1-6)
- Fact Sheet: Hand Sanitizers (p. M1-7)

GLOSSARY TERMS:

- BACTERIA
- FDA
- **FOODBORNE ILLNESS**



Pre Quiz

Module 1: HANDWASHING

Thorough and frequent handwashing prevents the spread of disease. Employees must wash hands before handling, preparing, or serving food.

Fill in the blanks

5 Steps for Clean Hands

1. Wet hands with warm water
2. _____
3. Vigorously rub hands together for _____ seconds
4. Rinse thoroughly
5. _____

Wash Hands After:

List Three:

1. _____
2. _____
3. _____



Module 1 Presentation:

Handwashing



TRAINER: Read aloud to prepare participants for training. Hand out Pre quiz. Collect Pre quiz before you begin the training.

Today We Are Learning About Handwashing. Before our training begins today there will be a short quiz. The quiz helps the Health Department assess training effectiveness and success. You do not need to write your name on the quiz and you will not be graded. Try your best to answer all the questions and don't share your answers with coworkers. We will be taking the same quiz at the end of training so if you don't know the answers, you'll be learning them today. After the training presentation we will do an activity together followed by some review questions. The training will take about 15 minutes and all of you will be participating.



TRAINER: Read aloud.

What's the Risk?

Handwashing is the best prevention against **FOODBORNE ILLNESSES** and other diseases. Unwashed or poorly washed hands can transfer harmful **BACTERIA** from your hands to your customer's food. The Centers for Disease Control and Prevention (CDC) estimates one in three people do not wash their hands after using the restroom. This risky behavior can spread severe illnesses that can be transmitted through food.



TRAINER: Read aloud.

What's the Law?

Food employees must know how to wash, when to wash, and where to wash hands.

All handwashing sinks must be useable and supplied with warm water, soap, and single use towels.

Provide a sign at the handwashing sink that instructs employees to wash their hands.



TRAINER: Give participants a copy and have them take turns reading aloud.



Talking Points

- BACTERIA: Germs.
- FDA: U.S. Food and Drug Administration.
- **FOODBORNE ILLNESS:** Sickness caused from germs or toxins in food, also called food poisoning.
- Handwashing should only occur at designated sinks. Handwashing in food prep sinks, utensil washing sinks, and mop sinks can lead to contamination of food and equipment. Note: It is acceptable to use the 1st compartment (pre-wash sink) of a 4-compartment sink for handwashing.
- Never block handwash sinks or use them for any other purpose than handwashing.
- Keep handwash sinks supplied at all times with soap and paper towels. Employees should know where supplies are kept and how to refill dispensers.
- BACTERIA can hide in your fingernails and jewelry. Proper handwashing requires unpolished and trimmed fingernails. Except for plain wedding bands, all jewelry should be removed.
- Hands should be washed for at least 20 seconds to remove harmful BACTERIA.
- Use a nailbrush to help clean under your fingernails.
- Use only single use towels to dry your hands. Drying your hands on a common towel or your apron may contaminate them.
- FDA approved hand sanitizers may be used as an added step in the handwashing procedure. Hand sanitizers should not replace proper handwashing.



Module 1 Activity:

Handwashing Demonstration



TRAINER: Give participants copies of activity sheet and corresponding fact sheet(s). Have participants complete individually or as a group.

1. Identify all designated handwash sink(s) in your establishment.
2. Demonstrate how to refill the supplies.
3. Review and discuss Handwashing fact sheet (p. M1-6).
4. Demonstrate handwashing:
 - a. Turn on faucet, lather hands and exposed portions of arms with soap for at least 10-15 seconds. To assist you in knowing how long that is, set a timer or watch clock for about 10-15 seconds or sing Happy Birthday once while handwashing.
 - b. Rinse hands.
 - c. Dry hands with a single use towel.
 - d. Turn off faucet with the single use towel or other non-hand operated means.
5. If using hand sanitizers, review and discuss the Hand Sanitizers fact sheet (p. M1-7).



Fact Sheet:

HANDWASHING

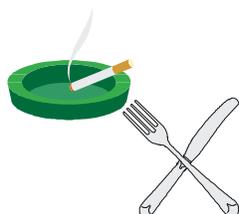
Thorough and frequent handwashing prevents the spread of disease. Employees must wash hands before handling, preparing, or serving food.

5 Steps for Clean Hands

1. Wet hands with warm water
2. Apply soap and lather
3. Vigorously rub hands together for 10-15 seconds
4. Rinse thoroughly
5. Dry hands using a single use towel

Wash Hands After:

Smoking, Eating
or Drinking



Handling
Raw Food



Cleaning or
Handling Garbage



Using a
Tissue



Going to the
Restroom



Graphics Courtesy of Kansas Department of Health and Environment

City of Wauwatosa Health Department (06/08)



Fact Sheet:

Hand Sanitizers

- Hand sanitizers should not replace handwashing.
- Hand sanitizers are not required by the code but, when used after proper handwashing, can reduce the number of germs on your hands.
- Install dispensers next to the handwash sink.



Follow these simple steps:

1. Only use an FDA approved hand sanitizer.
2. Thoroughly wash your hands with soap and water, and then dry.
3. Apply hand sanitizer and rub your hands together until it is absorbed.

City of Wauwatosa Health Department (06/08)



TRAINER: Share one or more of the following "Tales from the Kitchen."

Tales from the Kitchen

The following are examples of violations observed during inspections.

1. A food employee sneezed and wiped his nose with a tissue, and only rinsed his hands with water. Employee returned to slicing ready-to-eat ham.

Problem: BACTERIA that live in our nasal passages can cause **FOODBORNE ILLNESS**.

Solution: Proper handwashing with soap greatly reduces the number of **BACTERIA** on your hands.

2. A food employee used a food preparation sink to wash their hands instead of a designated handwashing sink.

Problem: Handwashing in a food prep sink can lead to contamination of food and utensils.

Solution: Use only handwashing sinks to prevent food or utensil contamination.

3. A food employee used a wiping cloth sanitizer bucket to rinse his hands after handling raw fish, instead of washing hands at a sink with soap and water.

Problem: Dipping your hands in a wiping cloth sanitizer bucket is not a substitute for handwashing, and may actually recontaminate your hands.

Solution: Wash hands for at least 20 seconds under running water to properly remove **BACTERIA**.



Module 1 Questions:

Handwashing Review



TRAINER: Ask participants to answer the following.

1. Why is it important to wash your hands?

Answer: Handwashing is an effective step in preventing the spread of BACTERIA and FOODBORNE ILLNESSES.

2. Where should you wash your hands?

Answer: Hands should be washed at designated handwash sinks. Never wash your hands in a food preparation sink, utensil washing sink* or mop sink.

3. When should you wash your hands?

Answer: After using the restroom, handling raw animal foods, smoking, eating or drinking, using a tissue or coughing/sneezing, or taking out the garbage.

4. How long should you wash your hands? Why?

Answer: Hands must be washed for at least 20 seconds to properly remove BACTERIA.

*It is acceptable to use the 1st compartment (pre-wash sink) of a 4-compartment sink for handwashing.



Post Quiz

Module 1: HANDWASHING

Thorough and frequent handwashing prevents the spread of disease. Employees must wash hands before handling, preparing, or serving food.

Fill in the blanks

5 Steps for Clean Hands

1. Wet hands with warm water
2. _____
3. Vigorously rub hands together for _____ seconds
4. Rinse thoroughly
5. _____

Wash Hands After:

List Three:

1. _____
2. _____
3. _____



Post Quiz Answers

Module 1: HANDWASHING

Thorough and frequent handwashing prevents the spread of disease. Employees must wash hands before handling, preparing, or serving food.

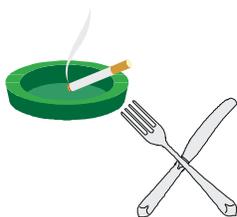
5 Steps for Clean Hands

1. Wet hands with warm water
2. **Apply soap and lather**
3. Vigorously rub hands together for **10-15** seconds
4. Rinse thoroughly
5. **Dry hands using a single use towel**

Wash Hands After:

Answers:

Smoking, Eating
or Drinking



Handling
Raw Food



Cleaning or
Handling Garbage



Using a
Tissue



Going to the
Restroom



Graphics Courtesy of Kansas Department of Health and Environment



Module 1 Moving Ahead:

For Managers/Trainers



TRAINER: Do not read aloud. These are your next steps, additional activities and resources.

After the Training

- Have participants sign Training Verification Log (p. 9), a requirement for Safe Food Crew Recognition Program.
- Complete the Trainer's Evaluation Form (p. 10), a requirement for Safe Food Crew Recognition Program.
- Present participants with Certificate of Completion (p. 12).
- Track all trainings an employee receives on the Employee Attendance Record (p. 13).
- Post the Handwashing fact sheet (p. M1-6) and Handwashing sign (last page of Module 1) at the handwash sinks, including the restroom handwash sinks.
- Activity: Glo Germ™ or GlitterBug™ (p. M1-13)
- Activity: Colored Spice Handwashing (p. M1-14)
- Frequently check handwashing stations for supplies.
- Monitor employee practices to ensure good handwashing.

Resources

- FDA 2001 Food Code and Wisconsin Food Code: 2-3, Personal Cleanliness; 5-202.12, Handwashing Lavatories; and 6-301, Handwashing Lavatories.
- Glo Germ™ - Handwashing training products www.glogerm.com*
- GlitterBug™ - Handwashing training products www.brevis.com*

*Reference to commercial or trade names does not imply endorsement by the City of Wauwatosa Health Department or bias against those not mentioned.



Module 1 Activity:

Glo Germ™ or GlitterBug™

This activity is intended to show the importance of proper handwashing. These products use an ultraviolet black light to visualize germs that could remain on a person's hands after improper handwashing.

Materials needed:

1. Glo Germ™ or GlitterBug™ oil, powder or gel.
2. Ultraviolet black light –The City of Wauwatosa Health Department has 1 available for you to borrow.
3. Designated handwashing sink with supplies.

Instructions:

1. Select several volunteers.
2. Shake the liquid vigorously before applying.
3. Place a small squirt on the palm of volunteer's hand.
4. Have volunteers rub their hands together vigorously for 10-20 seconds.
5. View volunteer's hands with the black light. Explain to the group that:
"If we could see BACTERIA and viruses on our hands, this is what they would look like."
6. Have all of the volunteers wash their hands with soap and water at the handwash sink.
7. When they return, view volunteer's hands under the black light. Any area on the hand or forearm that was not washed well will glow under the black light. Check in between fingers, fingernails, and forearms because they are often the hardest to clean.

Topics for Discussion:

- How well did they wash their hands?
- What about around fingernails, rings, and wrist area?
- How could they improve their handwashing skills?
- Discuss the importance of proper handwashing. Discuss that it is not unusual to still have germs on your hands even after thorough handwashing. Explain that handwashing does not always remove all the germs; therefore, bare hand contact is not allowed when handling ready-to eat foods.



Module 1 Activity:

Colored Spice Handwashing

If Glo Germ™ or GlitterBug™ are not available then try this alternative.

1. Mix a colored spice such as cinnamon, sweet paprika, or curry powder in cooking oil. Add an odor tracer, like spearmint or peppermint if available.
2. Rub mixture on your hands, to imitate germs on your hands.
3. Wash your hands.
4. Examine your hands for any remaining spices and odor.

Topics for Discussion:

- How well did they wash their hands?
- What about around fingernails, rings, and wrist area?
- How could they improve their handwashing skills?
- Discuss the importance of proper handwashing. Discuss that it is not unusual to still have germs on your hands even after thorough handwashing. Explain that handwashing does not always remove all the germs; therefore, bare hand contact is not allowed when handling ready-to eat foods.



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WASH THEIR HANDS**

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