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'Hand'-y Tips for Proper Hygiene (When to Wash Hands)

- All food handlers must wash their hands:
- Before starting work;
- After going to the bathroom; then again in the kitchen hand wash sink;
- Before handling food;
- Before putting on disposable gloves;
- When changing tasks (for example, between putting chicken in the fryer and slicing fresh tomatoes);
- After touching hair or nose or coughing or sneezing;
- After eating, drinking or smoking;
- After handling raw meat;
- After handling chemicals;
- After handling garbage; and
- After any other hand contamination that may have occurred.

How to Wash Hands

Proper hand washing should take at least 20 seconds. These are the six steps for effective hand washing:

- (1) Wet hands and exposed arms with clean, warm running water.
- (2) Apply soap;
- (3) Rub hands together vigorously for at least 20 seconds. Wash all surfaces, including wrists, exposed arms, the back of hands, between fingers and under nails.
- (4) Rinse well;
- (5) Dry hands and arms thoroughly with a paper towel or warm-air hand dryer.
- (6) Use a paper towel to turn off the faucet.

I, the undersigned, am the owner/manager of _____ located at _____ within the
(Name of Establishment) (Establishment Address)
Township of Bloomfield, NJ. I further acknowledge that the required hand washing procedures have been reviewed and agree to provide sufficient supplies to accomplish hand washing and that each employee, current or future, will be informed/reminded of the need to properly wash hands.

Name: _____ Date: _____
(Printed Name)

Signature: _____



MISSION

To prevent disease and promote physical and mental well being through policy development, disease detection, prevention, education, and enforcement; in a culturally competent manner that ensures the highest quality of life for the residents we serve.