



THE BEST TOOL IN A SCHOOL KITCHEN





AGENDA

Where, When & How
to Wash

Washing vs Sanitizing

Protect Them with Gloves

The Art of Donning & Doffing

When to Change

BINGO



-Check your Bingo/Hands/Touch/Clean card

-Mark squares that we cover through the presentation

-When all squares are covered, you have a Bingo!

-Let us know!

Lucky 7 winners.

GET READY TO WASH YOUR HANDS

- Remove Jewelry

- Rings*
- Bracelets**
- Watches
- Allowed

*Plain Wedding Band

**Medical ID bracelet



Let's Talk About Fingernails

- Keep them short
- Unpolished



- Move to the handsink

WHERE TO WASH

What's Missing?

Running water
Soap
Paper towels
Handwashing sign
Waste basket



Hand Washing 101

How can you be sure you're washing your hands regularly enough? You should always wash your hands BEFORE you handle food or begin any food-related task, but it's also very important that you wash your hands AFTER these activities:

- Handling raw meat, poultry and seafood.
- Sneezing, coughing or using a tissue.
- Emptying or taking out the garbage.
- Using the restroom.
- Smoking, eating, drinking or chewing gum.
- Clearing tables or washing dirty dishes.
- Touching your hair, face, body, clothes or apron.
- Using chemicals that might affect the safety of food.
- Handling money and making change.

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WHEN TO WASH

**HOW TO WASH
YOUR HANDS**

&

**HOW TO OVERCOME
UNDERWASHING**





WET

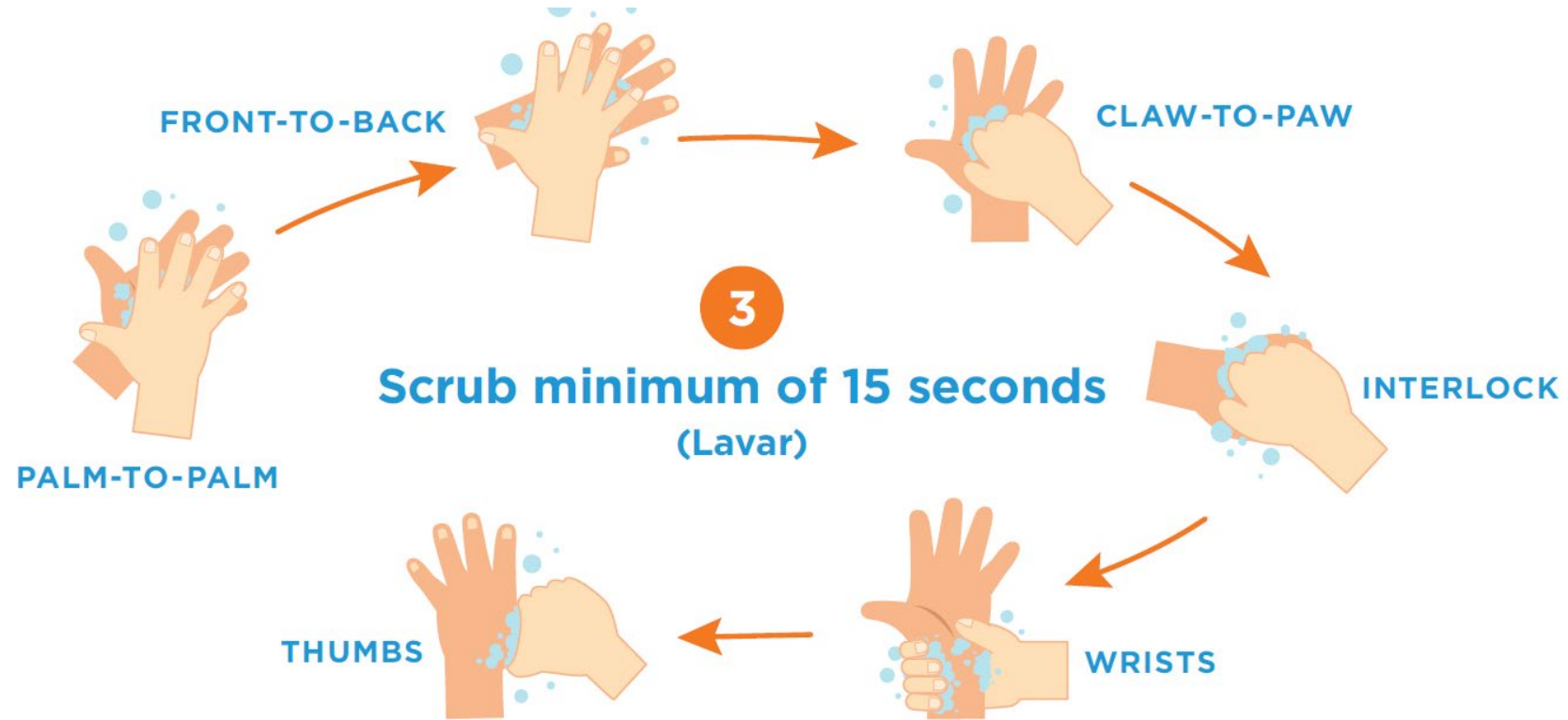
- Wet hands with clean, running water.
- Apply enough soap to cover all hand surfaces.

2



LATHER

- Rub your hands together with the soap.
- Lather the backs of your hands, between your fingers, and under your nails.



SCRUB

- Scrub for at least 20 seconds.
- Hum the *Happy Birthday* song twice to help with timing.

4



RINSE

- Rinse hands well under clean, running water.

DRY

- Dry your hands with a clean paper towel.
- Throw the paper towel into trash can.

PAPER TOWEL USE

- Turn off water
- Open door
- Throw in **Garbage Receptacle**



6 Turn Off Water with Paper Towel
Cierre el grifo usando una toalla de papel

5

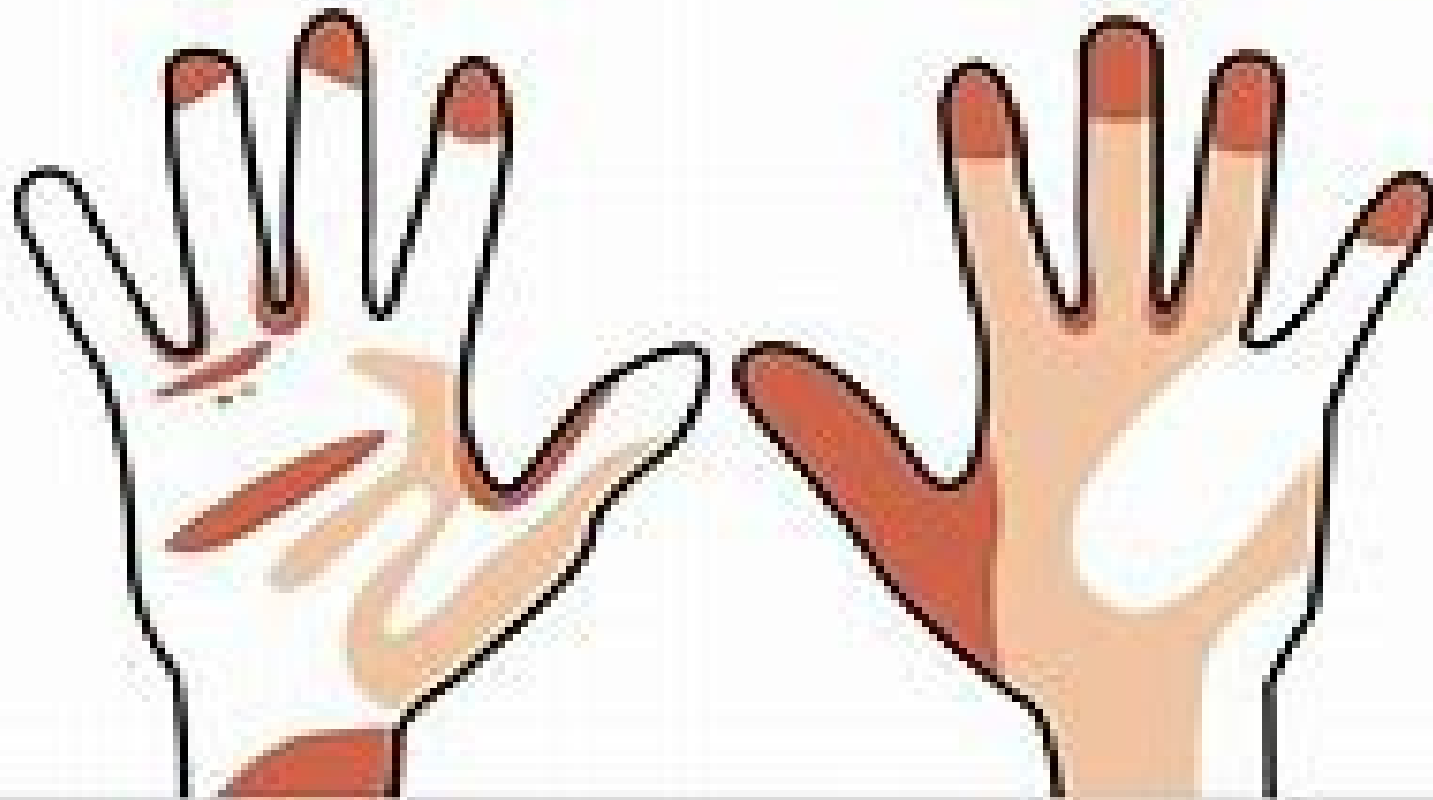


LET'S PRACTICE.

- Apply 'GloGerm'
- Wash using the technique learned
- Check your efficacy with Black light

Most Commonly Missed Areas

- Least frequently missed
- Less frequently missed
- Most frequently missed



WASHING VS SANITIZING

👉 Washing your hands for 20 seconds with soap, running water and plenty of friction:
Best way to eliminate germs

👉 Once these germs have been removed, a hand sanitizer may be applied to kill any that remain.

REMEMBER:

👉 You can WASH without sanitizing,
You cannot sanitize without WASHING.



APPLYING HAND SANITIZER

After washing hands:

1. Apply it: Use enough to cover both hands
2. Rub it: 20 seconds, until hands begin to feel dry.
3. Leave it: Do not wash or rub hands on clothes/apron

Food Safe Hand Sanitizer will be at least 60% alcohol.



GLOVES



- ➡ Single Use
- + ➡ Disposable
- ➡ Designed for Food Handling
 - Protect food from contamination
 - Shield wearer from hazards

THE ART OF DONNING & DOFFING

Before Donning:

- ☞ Remove hand & wrist jewelry.
- ☞ Nail length: below fingertip.
- ☞ Move to a clean area.



THE ART OF DONNING

1. Thoroughly wash hands.
2. Select the appropriate-sized gloves.
3. Hold the first glove by the cuff with one hand and insert the other hand into glove.
4. Ensure the glove covers your fingers, palm, and wrist completely.



THE ART OF DONNING

☞ Sanitizer chemicals and alcohol-based hand sanitizers weaken glove material.

☞ Wide variety of glove materials

-Nitrile

-Vinyl

-Latex

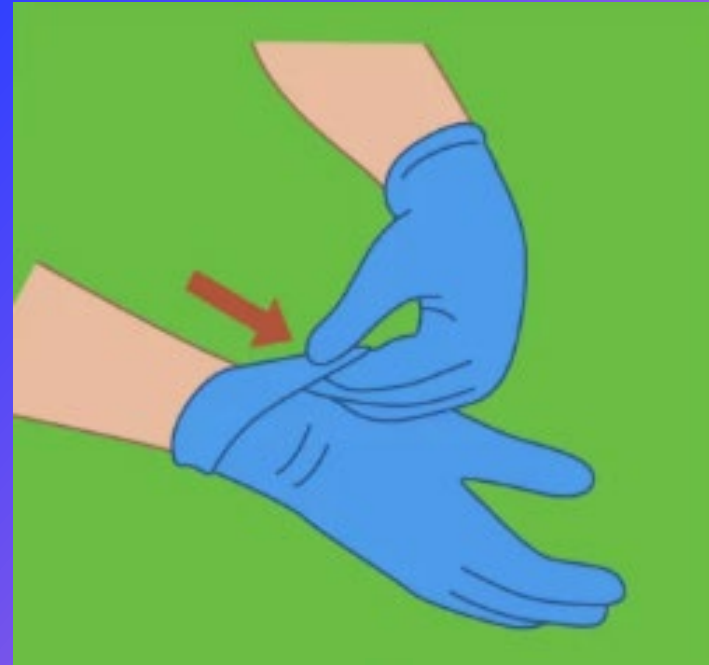
-Polyethylene



THE ART OF DOFFING

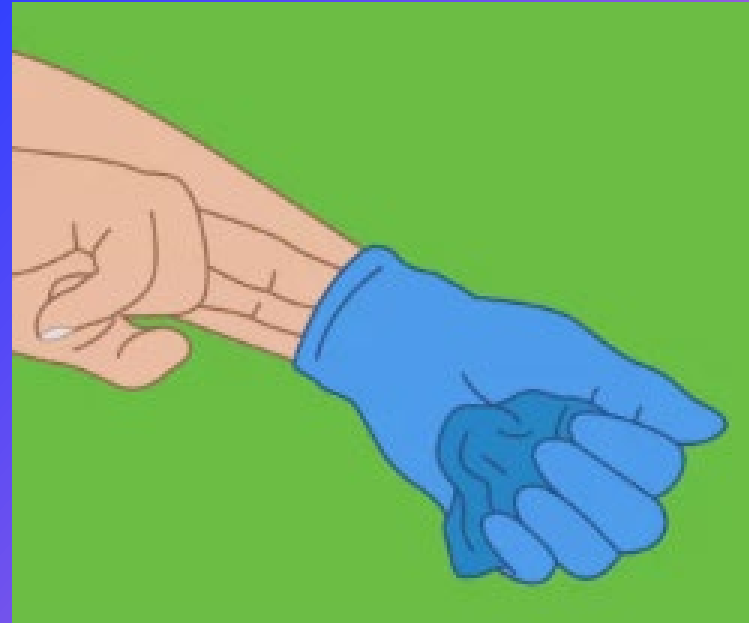
Move to the handwashing station to remove gloves.

1. Pinch and hold one glove near the wrist with the other gloved hand.
2. Peel glove off, turning it inside out as you go
3. Place removed glove in palm of still-gloved hand.



THE ART OF DOFFING

4. Slide bare fingers under the remaining glove without touching the outside.
5. Peel the glove off, turning the glove inside out and enclosing the first glove inside of the remaining glove.
6. Dispose of glove in designated container.
7. Immediately wash hands with soap and water.



THE ART OF DONNING & DOFFING

More Reminders about Gloves

- ☞ Store gloves in clean, dry, designated area.
- ☞ Extreme temperatures weaken glove material.
- ☞ There is a shelf life for gloves; try not to stockpile too many



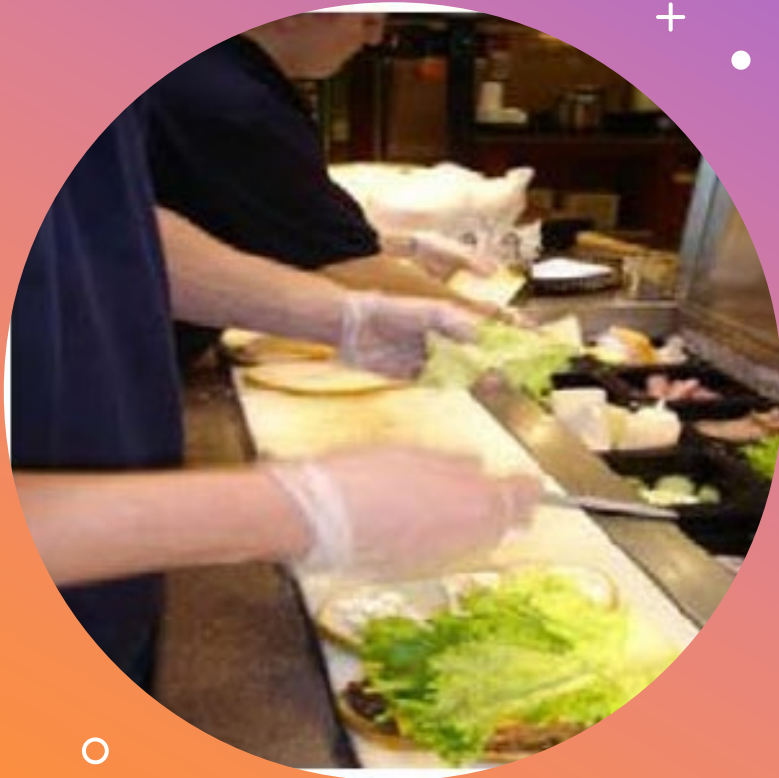


LET'S PRACTICE.

- DON GLOVES WITHOUT TOUCHING
HAND PORTION OF GLOVES

- DOFF GLOVES WITHOUT TOUCHING
OUTSIDE OF GLOVE WITH BAREHANDS.

WHEN TO CHANGE GLOVES





WHEN TO CHANGE GLOVES

WHEN TO CHANGE GLOVES





WHEN TO CHANGE GLOVES



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WHEN TO CHANGE GLOVES



WHAT ARE OPTIONS TO GLOVES?



WHEN ARE GLOVES NEEDED?



THE DISHWASHING DEBATE:

Gloves

1. Skin protection
2. Heat protection
3. Hygiene benefits
4. Comfort

or NO Gloves

1. Sensory experience
 - a. May affect grip
 - b. Hot/Sweat
2. Environmental Impact
3. Societal Norms
4. Cost



A photograph showing several hands of different skin tones cupping a piece of light-colored dough on a wooden surface. The text 'Best Tool in the Kitchen: Hands' is overlaid in a white, bubbly font with a black outline.

Best Tool in the Kitchen: Hands

- Cook
- Healthy
- Edible
- Food Safely

A graphic with a purple and white striped background. A green rounded rectangle contains the text 'Hand Washing' in purple. Below it, the text '#1 Defense Against Foodborne Illness!' is written in purple. To the left of this text is an illustration of two hands being washed with blue soap suds and surrounded by blue bubbles.

Hand Washing

**#1 Defense
Against
Foodborne
Illness!**

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