

WASH YOUR HANDS!

1. WET HANDS AND ARMS.

Use running warm water as hot as you can comfortably handle.

2. APPLY SOAP. Apply enough to build up a good lather.

3. SCRUB HANDS AND ARMS VIGOROUSLY.

Scrub them for 10 to 15 seconds. Clean under fingernails, and between fingers.

4. RINSE HANDS AND ARMS THOROUGHLY. Use running water.

5. DRY HANDS AND ARMS.

Use a single-use paper towel or a hand dryer. Consider using a paper towel to turn off the faucet and to open the door when leaving the restroom.



WHEN TO WASH HANDS

Before starting work or preparing foods • Before putting on gloves

When switching activities from non-food tasks to food preparation tasks

After working with raw food products • After touching contaminated surfaces

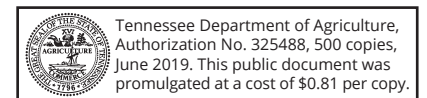
After using the toilet • After sneezing, coughing or blowing your nose • After smoking

After any activity that may result in contamination of your hands

Protect Yourself, Co-workers, Customers, and Product



Food & Dairy (615) 837-5193
[www.tn.gov/agriculture/consumers/food-safety/
ag-businesses-retail-food-establishments.html](http://www.tn.gov/agriculture/consumers/food-safety/ag-businesses-retail-food-establishments.html)



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