

# 6 Steps for Proper Hand-Washing



Giving your hands a quick rinse is not enough to kill germs that can make people sick. To prevent food borne illness in your establishment, follow these steps.



**Step 1:** Wet hands with running water



**Step 2:** Scrub hands with soap



**Step 3:** Keep scrubbing for 20 seconds minimum



**Step 4:** Wash front and backs of hands, between fingers, wrists and forearms.



**Step 5:** Rinse with running water for 5 seconds



**Step 6:** Dry with a single use method - paper towels or air blower.

Hand sanitizers are not a substitute for hand washing.



eFoodHandlers.