

WASH YOUR HANDS BEFORE RETURNING TO WORK

South Dakota Office of Health Protection

Food Code Fact Sheet #4

STEP 1



Turn on warm water (100° F) and wet your hands.

STEP 2



Add soap and lather hands, including the backs and wrists. If you handle food with your hands, wash up to your elbows.

STEP 3



Wash each finger and scrub for 20 seconds.

STEP 4



Rinse hands under running water.

STEP 5



Dry hands with paper towel, air dryer, or other sanitary hand drying device.

STEP 6



Turn off water using paper towel and check that hands and fingernails are clean.

