Effective Hand Washing Technique

Food handlers must be trained and verified as competent in an effective hand washing technique. This is particularly important where there is a risk of cross contamination between raw and ready-to-eat foods.

The following steps should always be included:

Wet your hands thoroughly and apply liquid soap*

Rub Steps



Rub palm to palm to make a lather



Rub the palm of one hand along the back of the other hand and along the fingers. Then repeat with the other hand.



Rub palm to palm with fingers interlaced.









Rub the backs of the fingers with the opposite palm with the fingers interlocked. Then repeat with the other hand



Clasp and rotate the thumb in the palm of the opposite hand.

Then repeat with the other hand.

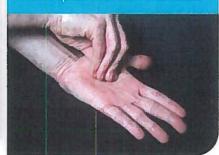


Rub backwards and forwards over the palm with clasped fingers.

Then repeat with the other hand







Rinse off the soap with clean water and dry your hands hygienically with a single use towel*.

To ensure washed hands do not come into contact with the taps, use a clean single use towel to turn the taps off

Please Note: If after washing, your hands are not visibly clean, then the **Hand Washing Technique** has not been effective and should be repeated.

*These materials are recommended as part of the generic Cook**Safe** approach. Operators may use alternative materials provided they will produce equivalent hygienic outcomes.

