

# 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

1

Rub palm to palm to make a lather.



2

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



3

Rub palm to palm with fingers interlaced.



4

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



5

Clasp and rotate the thumb in the palm of the opposite hand. Then repeat with the other hand.



6

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.