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Wash Your Hands Before...

- Entering the food preparation and service area.
- Handling or preparing food.
- Switching food preparation tasks.
- Putting on disposable gloves.

Wash Your Hands After...

- Using the restroom or changing a diaper.
- Coughing, sneezing or using a tissue.
- Handling garbage, dirty dishes or dirty laundry.
- Touching a cut or sore, your face, hair, body, or other people.
- Handling cleaning supplies.
- Handling money.

When you wash...

1. Wet your hands with running water.
2. Use enough soap to build up a good lather.
3. Rub your hands, fingers, wrists and arms for at least 20 seconds under running water.
4. Clean under your fingernails and between your fingers.
5. Rinse under running water.
6. Dry your hands with a single use paper towel.
7. Turn off the water using the paper towel.
8. Never use an apron or wiping cloths to dry your hands.

Disposable Gloves

- Wear when handling food that is not cooked or reheated before it is served.
- If you have a cut or sore cover it with a bandage and then wear a glove.
- Change gloves when they become dirty or torn.

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United Tribes Technical College
Land Grant Extension Program
3315 University Drive • Bismarck, ND 58504
Phone: (701) 255-3285 Fax: (701) 530-0605
Website: www.uttc.edu
Land Grant Website: <http://landgrant.uttc.edu>

