

No Time To Train

Proper Hand Washing Procedures

Lesson Participants: School Nutrition Assistants

Type of Lesson: Face-to-face training session

Objective: For food service assistants to be able to properly wash their hands and identify times when hand washing is needed.

Materials Needed:

- Trainer's Script
- Pens and Pencils (one for each employee)
- Example Scenario (one for each employee)



Trainer's Script:

Proper Hand Washing

Introduction: (1 minute)

SAY: In the kitchen, hands are a major source for contamination of food. Contamination of foods can lead to food borne illnesses. Proper and frequent hand washing can help prevent the spread of microorganisms to food.

Proper Hand Washing: (6 minutes)

SAY: The steps to proper hand washing are:

- First: Wet hands with warm water and apply hand soap.
- Second: Wash hands for 15-20 seconds. Remember to clean between fingers and under fingernails.
- Third: After 20 seconds thoroughly rinse hands under warm water.
- Fourth: Dry hands with air hand dryer, or single-use paper towels.

DO: Demonstrate the proper way to wash hands according to the steps above. Let employee(s) practice the steps.

SAY: Hand washing should always occur after:

- You handle raw poultry, meat, fish and eggs
- You drink, or eat.
- You use cleaning supplies and chemicals.
- You cough or sneeze.
- You touch your face, hair, clothing/apron, or body.
- You use the bathroom
- You take out the garbage
- You touch dirty dishes or other unsanitary objects, such as washcloths, countertops, or equipment.
- **Before you put on or change into a new pair of gloves.**

Example Scenario: (3 minutes)

DO: Pass out example scenario, pens and pencils.

SAY: Now we will go over an example scenario. I will pass out the handout. Read the directions and complete the scenario. We will go over once everyone is done.



Example Scenario

True or False?

Directions: Determine if the statements are true or false and circle the correct letter.

- T F Wash your hands every time you touch your hair or face.
- T F After sneezing in your hands, you can contaminate food?
- T F Re-wash your hands after using the bathroom, if you
washed them in the bathroom.
- T F Wash your hands with dish detergent.
- T F After washing your hands, rinse hands under warm running water.
- T F Dry hands with dish cloth.
- T F After using cleaning supplies, you only need to change/ put on gloves
to work with food.
- T F Wash your hands for 5 seconds.

FOOD SAFETY AND HACCP TRAINING REPORT

(Complete this report and File in HACCP Section 2-9: Training)

TRAINING TITLE: **No Time To Train: Proper Handwashing Procedures**

DATE: _____

LOCATION: _____

INSTRUCTOR: _____

Training Agenda/Outline is attached: **Yes** **No**

PARTICIPANT NAME	SCHOOL