

Hand-washing In-service

Materials: Post-test, pens/pencils, whiteboard and dry-erase maker (optional)

Learning Objective: The foodservice employees will be able to correctly demonstrate and explain the proper procedure for hand washing.

Target Audience: Foodservice employees

Evaluation: Post-test

Assess background knowledge:

Throw out a couple knowledge testing questions:

“Can someone list one of the times when you must wash your hands?”

“How long should you wash your hands?” (how many seconds?)

Content and Learning Activities:

Great! As you can tell, we are going to quickly review hand-washing.

As we started to go over just a minute ago, there are several times when we must wash our hands. You already came up with a few of these (restate the ones already shared). Let's try to remember some of the others.

-Have class members list off the ones they can think of. (If a whiteboard is available, write them as they say). Once the list is complete, read through them again, giving clarification in needed.

Food handlers must wash their hands before they start work and after the following activities:

- using the restroom
- handling raw food (before *and* after)
- touching hair, face, or body
- sneezing, coughing, or using a handkerchief or tissue
- smoking, eating, drinking, or chewing gum or tobacco
- handling chemicals that might affect the safety of food
- taking out trash and garbage
- clearing tables or busing dirty dishes
- touching clothing or aprons
- touching anything else that may contaminate hands, such as unsanitized equipment, work surfaces, or washcloths.
- before putting on gloves and when changing a pair

Ok! We have gone over when to wash our hands, now let's review the proper steps. Who can help me by telling us the steps?

Go over steps.

Steps of Hand-washing:

1. Wet hands with running water as hot as you can comfortably stand
2. Apply soap (at least a dime to quarter size amount)
3. Vigorously scrub hands and arms for at least twenty seconds
4. Clean under fingernails and between fingers
5. Rinse thoroughly under running water
6. Dry hands and arms with a single-use paper towel or warm air dryer

Correct any missed

Evaluation:

Pass out post-test and pens. Allow a couple minutes to complete and collect. Go over the answers.