

Tips for Hand Washing and Personal Hygiene

Everyone must practice good personal hygiene. It is extremely easy to transmit harmful bacteria and microorganisms. Everyone has bacteria on skin, hair, eyes, nose, mouth, and hands.

Hand washing is one of the most critical aspects of good personal hygiene in child nutrition programs. Because it is so important, keep in mind the proper hand washing procedure:

- 1. Use the hand washing sink with warm running water and liquid soap.**
- 2. Lather hands and exposed arms.**
- 3. Rub hands together for at least 20 seconds.**
- 4. Wash hands thoroughly, paying close attention to fingernails.**
- 5. Rinse hands in clean, running water.**
- 6. Dry hands using a paper towel or air dryer. Do not use a cloth or apron.**
- 7. Turn off the faucet with the paper towel in your hand.**

Quick Tip: What are other ways to practice good personal hygiene?

Answers:

- Keep fingernails trimmed and maintained.
- Keep hair clean and restrained.
- Wear a clean apron and uniform.
- Cover mouth when sneezing and wash hands before returning to work.
- Keep any cuts covered and avoid contact with food during preparation.

Source: National Food Service Management Institute. (2008). *Growing your professional skills: Competencies, knowledge, and skills for successful school nutrition assistants*. University, MS: Author.

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