Washing Hands

(Sample SOP)

**PURPOSE:** To prevent foodborne illness by contaminated hands.

**SCOPE:** This procedure applies to anyone who handles, prepares, and serves food.

**KEY WORDS:** Handwashing, Cross Contamination

**INSTRUCTIONS:**

1. Train school nutrition employees on using the procedures in this SOP.
2. Follow state or local health department requirements.
3. Post handwashing signs or posters in a language understood by all school nutrition employees near all handwashing sinks, in food preparation areas, and restrooms.
4. Use designated handwashing sinks for handwashing only. Do not use food preparation, utility, and dishwashing sinks for handwashing.
5. Provide warm running water, soap, and a means to dry hands. Provide a waste container at each handwashing sink or near the door in restrooms.
6. Keep handwashing sinks accessible anytime employees are present.
7. Wash hands:

* Before starting work
* During food preparation
* When moving from one food preparation area to another
* Before putting on or changing gloves
* After using the toilet
* After sneezing, coughing, or using a handkerchief or tissue
* After touching hair, face, or body
* Eating, drinking, or chewing gum
* After handling raw meats, poultry, or fish
* After any clean up activity such as sweeping, mopping, or wiping counters
* After touching dirty dishes, equipment, or utensils
* After handling trash
* After handling money
* After any time the hands may become contaminated

Washing Hands, continued

(Sample SOP)

**INSTRUCTIONS, continued:**

1. Follow proper handwashing procedures as indicated below:

* Wet hands and forearms with warm, running water at least 100 °F and apply soap.
* Scrub lathered hands and forearms, under fingernails, and between fingers for at least 10-15 seconds. Rinse thoroughly under warm running water for 5-10 seconds.
* Dry hands and forearms thoroughly with single-use paper towels.
* Dry hands using a warm air hand dryer.
* Turn off water using paper towels.
* Use paper towel to open door when exiting the restroom.

1. Follow FDA recommendations when using hand sanitizers. These recommendations are as follows:

* Use hand antiseptics, also called hand sanitizers, only after hands have been properly washed and dried.
* Use only hand sanitizers that comply with the *FDA Food Code*. Confirm with the manufacturers that the hand sanitizers used meet these requirements.
* Use hand sanitizers in the manner specified by the manufacturer.

**MONITORING:**

1. A designated employee will visually observe the handwashing practices of the school nutrition employees during all hours of operation.
2. The designated employee will visually observe that handwashing sinks are properly supplied during all hours of operation.

**CORRECTIVE ACTION:**

1. Retrain any school nutrition employee found not following the procedures in this SOP.
2. Ask employees that are observed not washing their hands at the appropriate times or using the proper procedure to wash their hands immediately.
3. Retrain employee to ensure proper handwashing procedure.

**VERIFICATION AND RECORD KEEPING:**

The school nutrition manager will complete the Food Safety Checklist daily to indicate that monitoring is being conducted as specified. The Food Safety Checklist is to be kept on file for a minimum of 1 year.

Washing Hands, continued

(Sample SOP)

**DATE IMPLEMENTED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BY: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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