

Proper Handwashing Steps for Food Practitioners



1. **WET**
Wet your hands with running water.



2. **WASH**
Apply enough hand cleaner to cover all surfaces of your hands.



3. **BRUSH**
Use a nail brush to clean your fingertips and nails.



4. **SCRUB**
Scrub palm and back of the hands for at least 20 seconds.



5. **RINSE**
Rinse your hands well under running water.



6. **DRY**
Dry your hands using paper towels or hand dryer.

