

Have you been washing your Hands?

The SCA, a global hygiene company, conducted a study on American hand hygiene practices and found that:

71% of people say they practice good hand hygiene and wash their hands regularly

BUT...

58% of people say they have witnessed others leave a public restroom without washing their hands, and 33% have witnessed their friends doing the same thing. 20% of people have also witnessed restaurant employees leave a restroom with unwashed hands, and 35% of employees have seen their coworkers leave a restroom without washing their hands.

Why you should be washing your Hands:

Handwashing is one of the easiest and most effective ways to keep employees and customers healthy by preventing the spread of germs between people. By not washing your hands, not only could you get sick, but the people around you could too. Any germs on your hands can be spread to nose, mouth, eyes, or other hands, and cause illnesses such as the common cold, eye infections, and/or foodborne illness. Proper handwashing can prevent these illnesses from developing or spreading, and can lead to fewer employee illnesses and less use of sick days.

When you should be washing your Hands:

If you or your employees are working with food, you should wash your hands and exposed portions of your arms immediately before food preparation or before putting on gloves to work with food. You should also wash your hands after:

- Using the bathroom
- Caring for or handling animals, animal waste, or animal waste
- Blowing your nose, coughing, sneezing, using tobacco products, eating or drinking
- Handling soiled equipment or utensils
- When switching between working with raw food and ready-to-eat food
- Engaging in other activities that contaminate your hands
- After touching garbage

How you should be washing your hands:

The hand washing process should take about 20 seconds total – that is singing “Happy Birthday” twice. Signs should be posted in handwashing locations that direct employees and customers on proper procedure. As a general note, remember these 5 simple steps to handwashing:

WET → LATHER → SCRUB → RINSE → DRY

Additional Resources:

For more information on the importance of handwashing visit: <https://www.cdc.gov/handwashing/>