

SANITATION & HYGIENE

with



Washing Hands - A 20 Second Process

- ▶ Wet hands and arms with warm/hot water.
- ▶ Apply soap.
- ▶ Scrub hands and arms vigorously for at least 10-15 seconds.
- ▶ Rinse hands and arms thoroughly.
- ▶ Dry hands and arms.
- ▶ Use an antiseptic after washing hands, not in place of washing hands.
 - ▶ Wait for antiseptic to dry before touching food or equipment and before putting on gloves.



Drying Hands

- ▶ Dry hands and arms with a paper towel.
- ▶ Do not use apron or clothing to dry hands.
- ▶ Use paper towels to turn off the faucet and open doors.



When to Wash Hands

- After using the restroom
- After coughing/sneezing
- Before & after handling raw meat, poultry or eggs
- Before putting on gloves
- After touching clothing or aprons
- After handling money
- After handling garbage or trash
- After handling dirty equipment/utensils
- Before, during and after food preparation



Double Hand Wash

- ▶ Employees must double-wash their hands:
 - ▶ In the restroom
 - ▶ Before handling food



Handwashing Sink

- The handwashing sink is to be used for handwashing ONLY.
- Never use this sink for other purposes.



Clothing, Hair and Jewelry

- ▶ Wear clean clothing and aprons.
- ▶ Tie back or cover hair.
- ▶ Remove jewelry from hands and arms including rings, bracelets and watches.
- ▶ Expect for a plain band ring



Eating, Drinking and Tobacco

- ▶ Eating, drinking, chewing gum or tobacco should be away from food prep areas.
- ▶ Smoking is only permitted outdoors at least 25 feet away from any entrance.



Wearing Gloves

- ▶ Avoid bare-hand contact with ready to eat foods.
- ▶ Wear gloves if you have open sores or cuts on hands.
 - ▶ A bandage must cover the wound completely and a glove must be worn over the bandage.
- ▶ Use the correct size so they fit.
- ▶ Never rinse, wash or reuse gloves.
- ▶ Wash hands before putting on gloves and when changing to a new pair.
- ▶ Change gloves with each new task.



Cleaning and Sanitizing

- Keep all work surfaces clean.
- Disinfect work surfaces to prevent cross-contamination.
- Surfaces that are in constant use must be cleaned and sanitized after 4 hours.
- Clean crumbs and spills, store staples in airtight containers and dispose of garbage properly to reduce pests/insects.
- If taste testing foods, always use a clean utensil and use it only once.



Cleaning and Sanitizing

- ▶ Store towels for cleaning food spills in sanitizer solution when you are not using them. Never store them in your apron or uniform pocket.
- ▶ Always use cleaners and sanitizers according to the directions.
- ▶ Sanitizer must be left on the surface for the correct amount of time to reduce pathogens on surface to a safe level.
- ▶ Use a test kit to check the sanitizer's strength to ensure it is effective.



Cleaning and Sanitizing

▶ To Sanitize:

▶ Clean the surface.

▶ Rinse the surface.

▶ Sanitize the surface.

▶ Allow the surface to air dry.



Dish Washing - *By Hand*

▶ Wash dishes in the following order:

▶ Rinse and Scrape Food

▶ Glassware

▶ Silverware

▶ Dishware (Plates/Bowls)

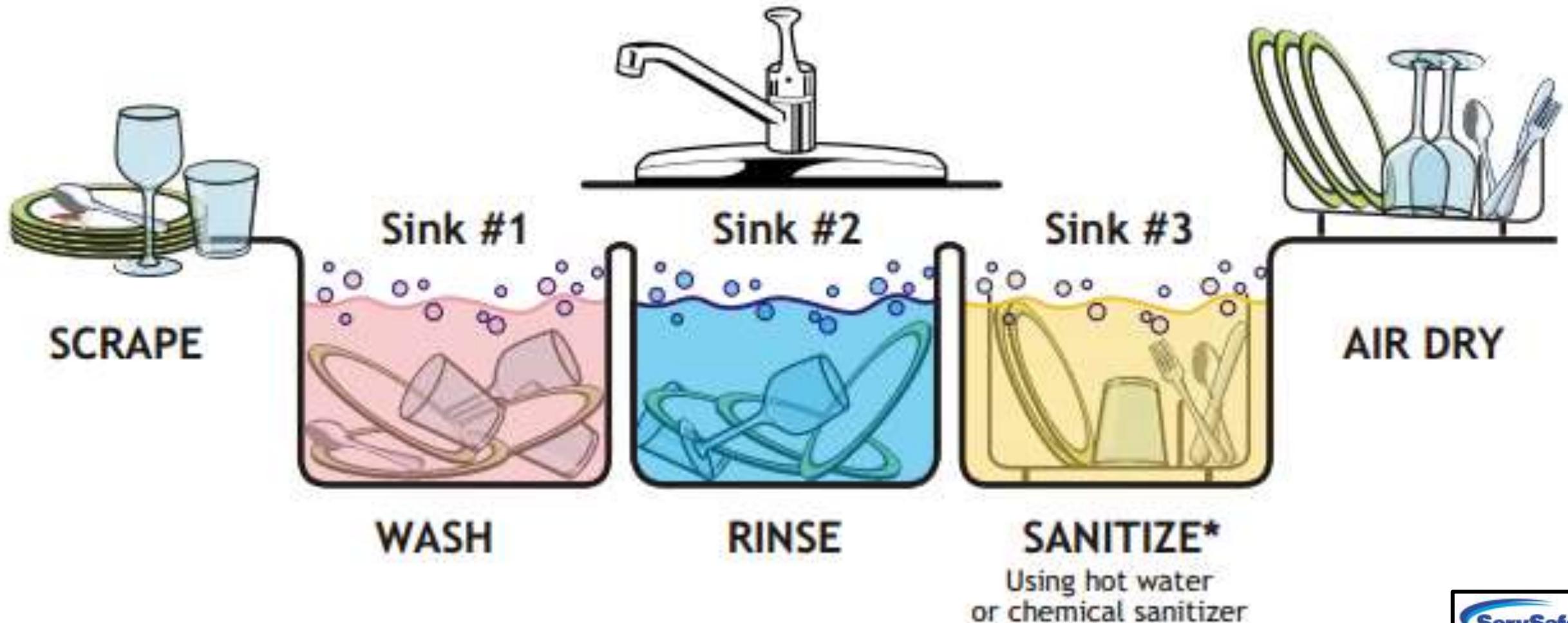
▶ Kitchen Tools

▶ Pots and Pans



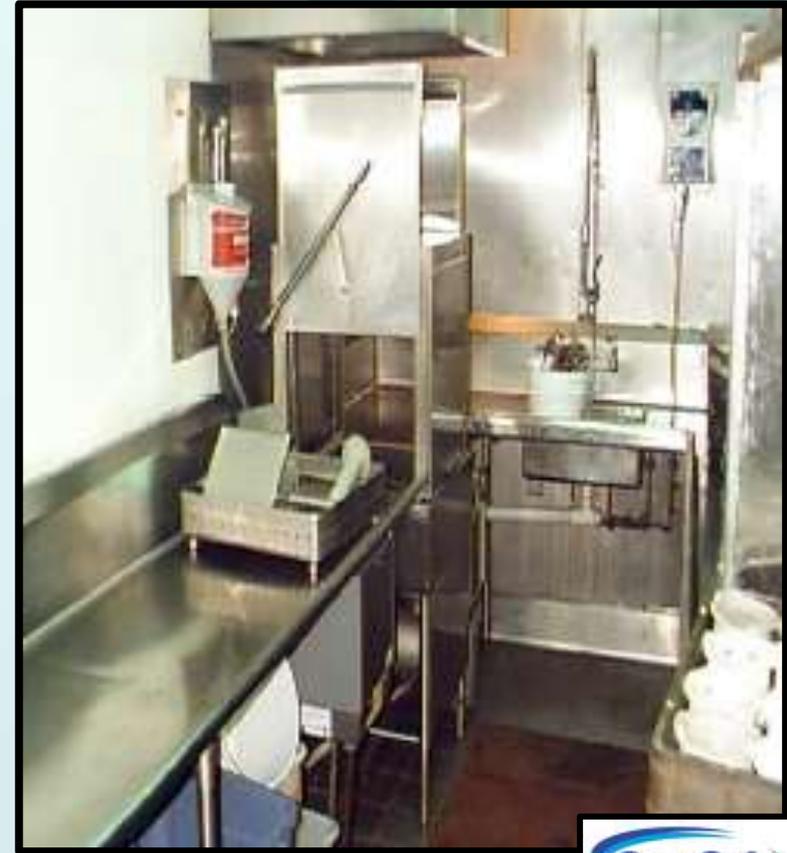
Dish Washing – 3 Sink Method

- ▶ Scrape, Wash, Rinse, Sanitize and Air Dry



Dish Washing – *Dish Machine*

- ▶ Dish machines are used in the industry to quickly clean and sanitize dishes.
- ▶ Scrape, rinse or soak items before washing.
- ▶ Never overload the dish racks and use the correct racks.
- ▶ Frequently check water temperature and pressure.
- ▶ Change the water when necessary.



Storing Dishes and Utensils

- ▶ Store in a clean, dry location.
- ▶ Store at least 6-inches above the floor.
- ▶ Store upside down on a clean, sanitized surface.
- ▶ If storing utensils vertically, store them with handles up.



Trash and Garbage

- ▶ Remove garbage from prep area as quickly as possible.
- ▶ Do not clean garbage containers near food prep areas.
- ▶ Use trashcan liners.
- ▶ Clean the inside and outside of garbage containers often.
- ▶ Close the lids on outdoor containers.



Petri Dish Experiment

Table #	Surface 1	Surface 2
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		