

SANITATION & HYGIENE

with



Washing Hands - A 20 Second Process

1. **WET** hands and arms with warm/hot water.
2. Apply **SOAP**.
3. **SCRUB** hands and arms vigorously for at least **10-15** seconds.
4. **RINSE** hands and arms thoroughly.
5. **DRY** hands and arms.
6. Use an antiseptic (hand sanitizer) *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

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



When to Wash Hands

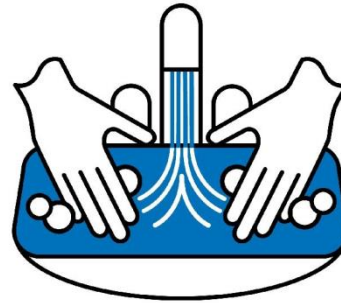
1. After using the **RESTROOM.**
2. After coughing/sneezing.
3. Before & after handling raw meat, poultry or eggs.
4. **BEFORE** putting on gloves.
5. After touching clothing or aprons.
6. After handling money.
7. After handling **GARBAGE / TRASH.**
8. After handling dirty equipment/utensils.
9. Before, during and after food preparation.



Handwashing Sink

1. The handwashing sink is to be used for handwashing **ONLY**.
2. Never use this sink for other purposes.

ATTENTION



This sink
is to be
used for

HANDWASHING ONLY



Double Hand Wash

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



Clothing, Hair and Jewelry

1. Wear clean clothing and aprons.
2. Tie back or cover hair.
3. Remove jewelry from hands and arms including rings, bracelets and watches.

- Only exception is a **PLAIN BAND RING.**



Eating, Drinking and Tobacco

1. **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

1. Avoid bare-hand contact with ready to eat foods.
2. Use the correct size so that they fit properly.
3. Wash hands before putting on gloves and when changing to a new pair.
4. 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.



Wearing Gloves

5. Never rinse, wash or reuse gloves.
6. Change gloves:
 - With each new **TASK**.
 - **AFTER** handling raw meat, poultry and seafood.
 - If they get **DIRTY OR TORN**.



CLEANING & SANITIZING

with



Cleaning and Sanitizing

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



Cleaning and Sanitizing

6. **STORE TOWELS** for cleaning food spills in sanitizer solution when you are not using them. Never store them in your apron or uniform pocket.
7. Always use cleaners and sanitizers according to the directions.
8. Sanitizer must be left on the surface for the correct amount of time to **REDUCE** pathogens on surface to a safe level.
9. Use a **TEST KIT** to check the sanitizer's strength to ensure it is effective.



Cleaning and Sanitizing

To Sanitize:

1. CLEAN the surface.
2. RINSE the surface.
3. SANITIZE the surface.
4. Allow the surface to AIR dry.



Dish Washing - *By Hand*

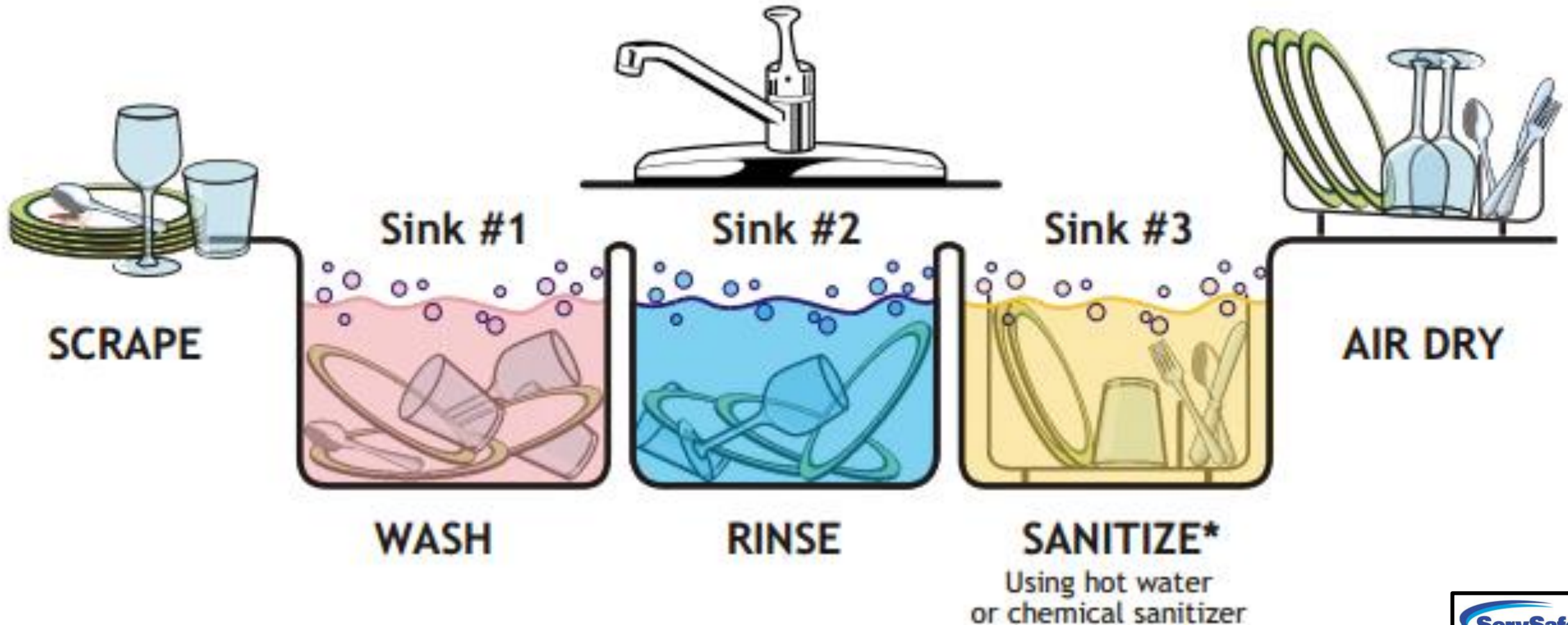
Wash dishes in the following order:

1. Rinse and Scrape Food
2. Glassware
3. Silverware
4. Dishware (Plates/Bowls)
5. Kitchen Tools
6. Pots and Pans



Dish Washing – 3 Sink Method

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



Dish Washing – *Dish Machine*

1. 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

1. Store in a clean, dry location.
2. Store at least **6-INCHES** above the floor.
3. Store upside down on a clean, sanitized surface.
4. If storing utensils vertically, store them with handles up.



Trash and Garbage

1. **REMOVE** garbage from prep area as quickly as possible.
2. Do not clean garbage containers near food prep areas.
3. Use trashcan **LINERS**.
4. Clean the inside and outside of garbage containers often.
5. Close the lids on outdoor containers.



Petri Dish Experiment

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