HAND HYGIENE AND HANDWASHING

TOPIC:	Hand Hygiene and Handwashing
AUDIENCE:	Healthcare Workers & Food Safety Staff
DATE:	[Enter the training date]

Purpose / Why Does it Matter

Proper hand hygiene is the **most effective way to prevent the spread of infections and foodborne illnesses**. In healthcare and food service environments, contaminated hands can transmit bacteria, viruses, and other pathogens, putting patients, customers, coworkers, and staff at risk. Consistent hand hygiene protects everyone and supports patient safety, food safety, and regulatory compliance.

Learning Objectives

By the end of this in-service, participants will be able to:

1. Explain why hand hygiene is critical in healthcare and food service settings.
2. Identify appropriate times to perform hand hygiene.
3. Demonstrate correct handwashing technique
4. State when hand sanitizer may be used and its limitations
5. Apply key safety reminders related to nails, jewelry, and glove use

KEY INFORMATION

Why Hand Hygiene Matters

- Most effective method to prevent infection spread
- Reduces transmission of bacteria, viruses, and foodborne pathogens
- Protects patients, customers, coworkers, and staff

When to Wash Your Hands

Healthcare Workers

- Before touching a patient
- Before clean or sterile procedures
- Between touching dirty and clean dishes, silverware, etc..
- After contact with bodily fluids
- After touching a patient
- After touching patient surroundings
- After coughing, sneezing, or blowing the nose
- After using the restroom

Food Safety Workers

- Before preparing food
- After handling raw meat, poultry, or seafood
- After touching garbage
- After coughing, sneezing, or touching the face
- After using the restroom
- After handling money
- After cleaning tasks
- Switching tasks
- After eating

Proper Handwashing Steps

- **Wet** hands with clean running water
- Sink water temperature should be 100-110 degrees F and not exceed 120 degrees F
- **Lather** with soap
- **Scrub for 20 seconds** (front/back of hands, between fingers, under nails, thumbs, wrists)
- Tip: Sing *"Happy Birthday"* twice
- **Rinse** thoroughly with clean water
- Turn off water with clean towel
- Dry with a clean towel

Note: Some countries may require up to 30 seconds regarding lathering/scrubbing

Hand Sanitizer Use

- Use only when soap and water are not available (for Food service)
- Must contain **at least 60% alcohol**
- Cover all hand surfaces and rub until dry (~20 seconds)
- Do **not** use on visibly dirty or greasy hands

Note: Hand sanitizer can't be used in lieu of soap and water unless an emergency

Key Safety Reminders

- Keep fingernails short and clean
- Jewelry should not be worn except for a smooth wedding band
- Cover cuts with gloves or bandages
- Wash hands **before putting on gloves and after removing them**
- Gloves do **not** replace handwashing
- Gloves should not be used when using serving utensils & use gloves when touching ready-to-eat foods or foods that will not be cooked further

KNOWLEDGE CHECK

NAME: _____ **DATE:** _____

1. How long should you scrub your hands?

☐ **A.** 5 seconds

☐ **B.** 10 seconds

☐ **C.** 20 seconds

☐ **D.** 1 minute

2. When must healthcare workers perform hand hygiene?

☐ **A.** Before touching a patient

☐ **B.** After body fluid exposure

☐ **C.** After touching patient surroundings

☐ **D.** All of the above

3. Food handlers must wash hands after:

☐ **A.** Handling raw meat

☐ **B.** Using the restroom

☐ **C.** Touching garbage

☐ **D.** All of the above

4. Hand sanitizer should contain at least:

☐ **A.** 30% alcohol

☐ **B.** 40% alcohol

☐ **C.** 60% alcohol

☐ **D.** Any amount

5. True or False: Wearing gloves replaces the need for handwashing

☐ **True**

☐ **False**

Knowledge Check Answer Key

1. C
2. D
3. D
4. C
5. False

DATE: [Enter date]

TRAINER NAME: [Enter trainer name]

In-Service Attendee Sign-in

DATE:

ATTENDEE NAMES: