



SMALL SCALE  
FOOD PROCESSOR  
ASSOCIATION  
SUPPORTS INDEPENDENT  
FOOD PROCESSORS & GROWERS

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## How to Wash Hands

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### How to wash your hands properly.



#### Step 1

Wet your hands thoroughly under warm running water and squirt liquid soap onto the palm of one hand.



#### Step 2

Rub your hands together to make lather.



#### Step 3

Rub the palm of one hand along the back of the other and along the fingers. Then repeat with the other hand.



#### Step 4

Rub in between each of your fingers on both hands and round your thumbs.



#### Step 5

Rinse off the soap with clean water.



#### Step 6

Dry hands thoroughly on a disposable towel

This should take 30 seconds.

Remember that everyone who handles food washes his or her hands before starting work, after a break, after going to the toilet, after emptying a bin and before starting a new task.