

Script for 1. Unit 3-Handwashing

Slide 1

This lesson is based on the personnel part of Good Manufacturing Practices, also known as GMP. This lesson was made following the Code of Federal Regulations and chapter three of The Food Safety Preventive Controls Alliance. Today we will learn about hand washing, and how, when, and why to wash hands. Food workers and employees can contaminate food and transmit foodborne diseases at every step in the flow of food through the operation. Good personal hygiene is a critical protective measure against foodborne illness and the spread of disease. This lesson will be taught by the trainer, by using the learning tools provided such as PowerPoints, videos, pictures, posters, and worksheets. After each unit lesson, there will be an activity worksheet that will help you, as the learner, show what you have learned. The trainer will inform you how and when these lessons will occur according to the company's policies. Please raise your hand if you have any questions or comments at any point throughout this lesson.

Key Terms:

Good Manufacturing Practices (GMP): a system for ensuring that products are consistently produced and controlled according to quality standards.

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Handwashing is one of the most important things that you, as a worker or employee, can do to reduce food borne illness, or the spread of disease.

After this lesson, you will be able to:

List reasons for washing hands during food processing or working with food, know where handwashing is allowed and how to correctly use hand sanitizers and gloves, and explain or demonstrate how to correctly wash your hands during food processing.

The learners should note, key terms will be defined after slides are presented to clarify any technical words or vocabulary.

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Beto sneezed into his gloved hands, which now have germs from his nose.

His gloves are now contaminated with germs.

Food workers can transfer germs to food when they touch the food without washing their hands or with contaminated or dirty gloves.

What should Beto have done?

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Carriers are people who carry germs and infect others without getting sick themselves. People are considered carriers even if they may not always suffer from symptoms of illness.

Carriers can spread germs through incorrect hand washing or after touching infected areas on their bodies and then handling equipment or food.

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Unfortunately, we cannot see germs on our hands when they are contaminated. Like everything else, there is a right way and a wrong way to washing your hands, applying hand sanitizers, and wearing gloves.

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Improper handwashing habits can lead to the contamination of food.

Handling of contaminated objects can cause workers to become sick and can also lead them to contaminate the surrounding area or other objects they touch, such as food contact surfaces, food, and packaging materials.

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Every day our hands touch surfaces covered with germs that we cannot see. Even healthy people spread germs.

For this reason, hand washing is the most important part of personal hygiene and food safety. Handwashing sounds like a simple task, but there are steps that must be followed to make sure that hands are washed correctly.

Food workers and employees must be trained on how to correctly wash their hands.

Supervisors must monitor hand washing habits of their workers and employees to make sure that it is being done correctly.

Supervisors must retrain workers and employees regularly on the correct handwashing steps to ensure food safety.

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When should workers and employees wash their hands? These are some examples of when to wash your hands:

After touching bare human body parts; such as your bare skin when scratching, touching your hair or your hairnet, and touching your eyes and/or ears.

After using the restroom or entering the restroom or locker-room for any reason.

After handling animals; this includes service animals or any animals that might be present at the operation such as livestock.

After coughing, sneezing, or using a handkerchief or tissue to blow or wipe your nose,

After eating, drinking, or using tobacco products when returning from breaks.

And After handling dirty equipment or utensils.

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More examples of when to wash your hands are :

Before wearing clean gloves when switching to another task, especially when handling ready-to-eat food.

And After participating in other activities that contaminate the hands.

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Hands need to be washed in a sink used only for handwashing or an approved automatic handwashing facility.

DO NOT wash hand in sinks for food prep, dishwashing, or other uses.

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Hand Sanitizers can be used along with correct handwashing methods.

- Hand sanitizers are liquids or gels that help lower the number of germs on skin and must be used only after correctly washing your hands.
- Once the hand sanitizer is applied, food workers or employees should not touch food, equipment, or put on gloves until it has dried completely.
- Please remember that hand sanitizers DO NOT replace handwashing.**
- Also be aware that all sanitizers must be approved for food handling facilities by the Code of Federal Regulations (CFR) and Food and Drug Administrations (FDA) standards. Do not use personal hand sanitizers as these could have lotions, moisturizers, and additives that are not approved for food handling.**
- Hand sanitizers are more effective against virus particles than bacteria.**

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Wearing gloves while processing or working with food can help to decrease contaminating food with germs. Before putting on gloves, you must first wash and dry your hands correctly and allow for hand sanitizers to dry. Be sure to change your gloves when switching between raw and ready to eat foods, or after touching any contaminated surfaces with your gloves. Most importantly, remember that wearing gloves is not a substitute for handwashing.

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What are the steps for washing your hands?

Step 1. Wet hands and arms with warm water. Make sure to rinse hands and arms before applying soap.

Step 2. Apply soap. Apply enough to build up a good foam.

Step 3. Scrub hands and arms firmly back and forth. Scrub them for 20 seconds; making sure to clean under the fingernails and between fingers.

Step 4. Rinse hands and arms completely. Use warm running water.

Step 5. Dry hands and arms. Use a single-use paper towel or hand dryer. It's recommended you use the paper towel to turn off the faucet.

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Let's watch this video that shows how to properly wash your hands.

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Let's review what we have learned in this lesson:

Handwashing is the most important part of food safety.

Workers and employees must wash their hands after eating, smoking, using the bathroom, changing tasks or changing dirty gloves, after coughing or sneezing, and after touching animals.

Hand Sanitizers and gloves do not replace handwashing.

Employees must wash their hands before applying hand sanitizer and before putting on or changing gloves.

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- Knowing when and where to wash your hands is an important part of handwashing.
- Only wash your hands in designated handwashing sinks. Do not use sinks used for food prep, dish washing, or other uses to wash your hands.
- Knowing the steps to correctly wash your hands is an important part of food processing.
- Following the steps to correct hand washing will protect you, other workers and employees, and the food from being contaminated with germs or spreading disease.