

# Dude, wash your hands

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Next time you visit a bathroom that is missing soap, water or paper towels, let someone in charge know.



Next time you see someone skip out on the suds in the bathroom, look at them and say, "Dude, wash your hands!"

Proper handwashing with the proper tools -- soap, water and paper towel -- can significantly reduce the number of foodborne and other illnesses.

Water temperature is not a critical factor -- water hot enough to kill dangerous bacteria and viruses would scald hands -- so use whatever is comfortable.

Hands should be thoroughly dried using paper towels. Air dryers can disperse microorganisms, and the friction from rubbing hands with paper towels helps remove additional bacteria and viruses.



## How to wash your hands

- Wet hands with water
- Use enough soap to build a good lather
- Scrub hands vigorously, creating friction and reaching all areas of the fingers and hands for at least 10 seconds to loosen pathogens
- Rinse hands to remove all soap residue while continuing to rub hands
- Dry hands with paper towel

Dangerous microorganisms like Hepatitis A, Norovirus, *E. coli* O157, *Shigella*, *Salmonella* and *Campylobacter* cannot be seen and are equal opportunity pathogens -- they will happily contaminate hands that don't even look dirty.

## When should you wash your hands?

- When coming into the kitchen to prepare food
- Before handling ready-to-eat food
- After handling raw meat, fish, or poultry
- After using the toilet
- After handling garbage

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Check out [youtube.com/SafeFoodCafe](http://youtube.com/SafeFoodCafe) for videos on handwashing and food safety