

# Proper Glove Use



**Gloves are not a substitute for hand washing!**

**Do I have to wear gloves?**

Gloves are required if:

- hands are cut, have rashes, sores or broken skin,
- nails are long, artificial, painted, or dirty,
- rings (other than a plain ring, such as a wedding band) or other jewelry is worn.

**Wash your hands before** putting gloves on, **after** taking gloves off.

Whenever gloves are worn, **they must be changed, or replaced** as often as handwashing is required to reduce risk of contamination.

Gloves shall be discarded when damaged or soiled

Change gloves after coughing, sneezing, or touching your hair or face.

Single-use gloves are meant to be used for a single task. Remember to **change to clean gloves** when switching between raw and ready-to-eat food.

# The LAW

The laws cited below are excerpts from the California Health & Safety Code.

- ☞ Employees are required to wash their hands and that portion of their arms exposed to direct food contact by vigorously rubbing them with cleanser and warm water, paying particular attention to areas between the fingers and around and under the nails, rinsing with clean water. Employees shall wash their hands...after engaging in any other activities that may contaminate the hands. (113953.3)
- ☞ Hand washing cleanser and sanitary single-use towels or heated-air drying device shall be provided in dispensers at hand washing Facilities. (113953.2)
- ☞ Hand washing facilities shall be provided within or adjacent to toilet rooms...in food preparation areas, that is sufficient in number and conveniently located so as to be accessible at all times for use by food handlers. (113953)
- ☞ Food employees shall minimize bare hand and arm contact with non pre-packaged food that is in ready-to-eat form. (113961)
- ☞ A handwashing facility shall be clean, unobstructed, and accessible at all times for employees use. (113953.1)
- ☞ A handwashing facility shall not be used for purposes other than handwashing. (113953.1)
- ☞ Employees shall not clean their hands in a sink used for food preparation, warewashing, or in a service sink or a curbed cleaning facility used for the disposal of mop water and similar liquid waste. (113953.1)

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# The Insiders Guide to HAND WASHING



The HEALTH of San Diego

*is in*

# YOUR HANDS

County of San Diego  
Department of Environmental Health



# Proper Hand Washing

~ Protecting the HEALTH of San Diegans

## Why?

- Proper hand washing is the **BEST** method of **preventing illness**.
- Foods prepared with unwashed hands make people sick!** Food can carry the common cold, viruses such as Hepatitis A, and dangerous bacteria like E. coli, Shigella and Salmonella.
- Unwashed hands** may carry contaminants such as **mucous** or **feces**
- Unclean hands lead to unpleasant symptoms** such as diarrhea, vomiting and fever.

## When?

- Before handling foods
- When switching between raw foods and ready-to-eat foods
- After using the toilet or blowing your nose
- After touching your face or hair
- After smoking, eating or drinking
- Between any change of task
- After handling dirty dishes or equipment
- Following any possible contamination

## The Facts

- According to the Centers for Disease Control and Prevention (CDC), diseases caused by food may be responsible for 76 million cases of gastrointestinal illnesses, and 5,000 deaths each year (CDC 1999).
- Instant hand sanitizer gels are **not a substitute** for frequent, proper hand washing with soap. Hand sanitizer shall be applied only to hands that are cleaned according to proper hand washing procedures.
- Antibacterial soaps are no better than other soaps. The keys to proper hand washing are rubbing (friction) and rinsing hands under warm running water.



### WASH YOUR HANDS PROTECT THE HEALTH OF OTHERS LAVESE LAS MANOS

BEFORE HANDLING FOOD  
AFTER USING RESTROOM  
WHENEVER CHANGING TASKS  
DO NOT WORK WHEN ILL

ANTES DE MANIPULAR COMIDA  
DESPUES DE USAR EL SANITARIO  
CUANDO CAMBIE DE TAREAS  
NO TRABAJE CUANDO ESTE ENFERMO

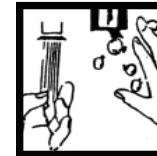
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The picture perfect hand wash station! It's equipped with wall mounted dispensers stocked with single service paper towels, soap, and warm water.

## How?



**Remove rings & watches.** Rings, artificial nails and long nails provide great homes for germs.



**Wet hands with warm water (min 100F) and apply liquid soap** from a dispenser. Do not use bar soap, they may harbor dangerous microorganisms!



**Rub hands together** for a minimum of 10-15 seconds. This amount of time is required for adequate bacteria removal.



**Rinse hands** to thoroughly remove soap.



**Turn the faucet off** with a paper towel. Do not use cloth towels.



**Dry hands** using a single service paper towel from a wall-mounted dispenser, or with a hot air blower.



**When leaving the restroom,** open the door with a paper towel.