

HAND HYGIENE PROCEDURES

Proper hand washing is a primary intervention to minimize the transfer of infectious disease.^{1,2} However, in some cases (e.g. when hands are not visibly soiled) a waterless hand sanitizer is suggested as an alternative to handwashing³ for non-food handlers or in clinical situations. For extra protection, hand washing followed by use of hand sanitizer may be considered. Hand sanitizers used by food handlers must meet additional regulatory requirements.^{4,5}

FREQUENCY

When to wash hands:

- ▲ When hands are visibly soiled.
- ▲ Before and after eating or using tobacco.
- ▲ After using a restroom.
- ▲ After touching any part of the body.
- ▲ After coughing, sneezing, and using a tissue or handkerchief.
- ▲ Before and after gloving.

Additional for food handlers

- ▲ At the beginning of the work shift and after breaks.
- ▲ After handling soiled equipment or utensils.
- ▲ When switching from handling raw food and working with ready-to-eat food.
Note: If used in a federally inspected food facility, a CFIA Letter of No Objection is required.
(Not including restaurant, cafeterias and such)

When to use a hand sanitizer:

- ▲ Only when hands are not visibly soiled.
- ▲ After washing soiled hands.
- ▲ Before and after gloving.
- ▲ When moving from a contaminated site to a clean site.

Additional for food handlers

- ▲ Only after washing hands.

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Procedures:

Hand washing:

1. Wet hands with warm water.
2. Apply hand soap to hands.
3. Rub hands together vigorously for 30 seconds, covering all surfaces of hands and fingers.
 - ▲ Pay attention to fingernails and between fingers.
4. Rinse hands with warm water.
5. Thoroughly dry hands with a disposable towel.
6. Use towel to turn off faucet.

Hand sanitization:

1. Apply product to palm.
2. Rub hands together covering all surfaces of hands and fingers.
 - ▲ Pay attention to fingernails and between fingers.
3. Rub until dry (30 seconds).

¹ Center for Disease Control and Prevention (CDC). <http://www.cdc.gov/cleanhands>.

² Health & Human Services Pandemic Influenza Plan Supplement 4 .
<http://www.hhs.gov/pandemicflu/plan/sup4.html#s4-II>

³ CDC. <http://www.cdc.gov/cleanhands/> and <http://www.cdc.gov/handhygiene/>
or

Public Health Agency of Canada <http://www.phac-aspc.gc.ca/alert-alerite/h1n1/public/handtech-eng.php>

⁴ FDA Food Code 2005. Section 2-301.16.

⁵ FDA. 2003. Hand hygiene in retail and food service establishments.
<http://www.cfsan.fda.gov/~comm/handhyg.html>