

ANNEXURE 8.3

HANDWASHING PROCEDURE

Wash hands before you start work and after but not limited to the following activities:

- Using the rest room;
- Touching your hair, face or body;
- Sneezing, Coughing or using a tissue;
- Smoking, eating, drinking, or chew gum or tobacco;
- Handling chemicals that might affect the safety of the food;
- Clearing tables or bussing dirty dishes;
- Touching anything else, that may contaminate hands such as sanitized equipment;
- Touching of any door handles, documentation being circulated, etc.

Hand-care

- Use soap and water for 20-30 seconds regularly and immediately after taking off PPE, where it is not possible;
- Use alcohol based hand sanitiser with at least 60% of ethanol or 70% isopropanol as the active ingredient;
- If hands are soiled, wash hands with soap and water for 40-60 seconds;
- Do not use hot water to rinse your hands;
- Dry hands and arms completely with a single use paper towel or warm air hand dryer;
- Take care of your hands by regular using a protective hand cream /lotion at least daily;
- Use paper towel to turn off the faucet, open the door and dispose-of the towel immediately.

Please remember...

- Do not wear artificial fingernails;
- Keep natural nails short;
- Discard disposable gloves after each task and clean your hands;
- You may use hand sanitizer or chlorinated water, if soap and water are not available.