



# Good Manufacturing Practices

## Lesson 3: Handwashing

Based on the regulation 21 CFR 117 Subpart  
3; FSPCA Preventive Controls for Human  
Food Course Chapter 3



# After this lesson, you will be able to:

---



- List reasons for washing hands when processing or working with food.
- Know where handwashing is allowed and how to correctly use hand sanitizers and gloves.
- Explain or demonstrate how to correctly wash your hands during food processing.



# Simple Mistake



Beto sneezed into his gloved hands which now have germs from his nose. His gloves are now contaminated with germs.

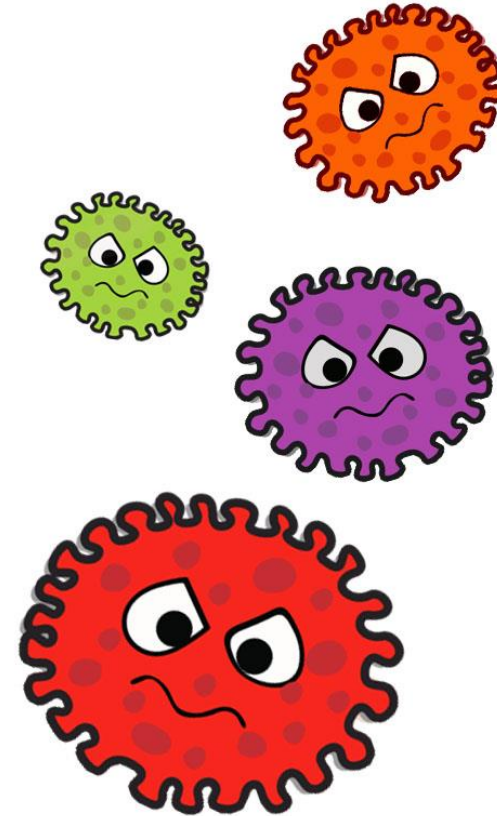
Food workers can transfer germs to food when they touch the food without washing their hands or with contaminated or dirty gloves.

What should Beto have done?



# Human Carriers

- **Carriers** are people who carry germs and infect others without getting sick themselves.
- Carriers can spread germs through incorrect hand washing or after touching infected areas on their bodies and then handling equipment or food.



# Handwashing and Hand Sanitizers



# Why is Handwashing Necessary?



- Handling objects that have germs 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.





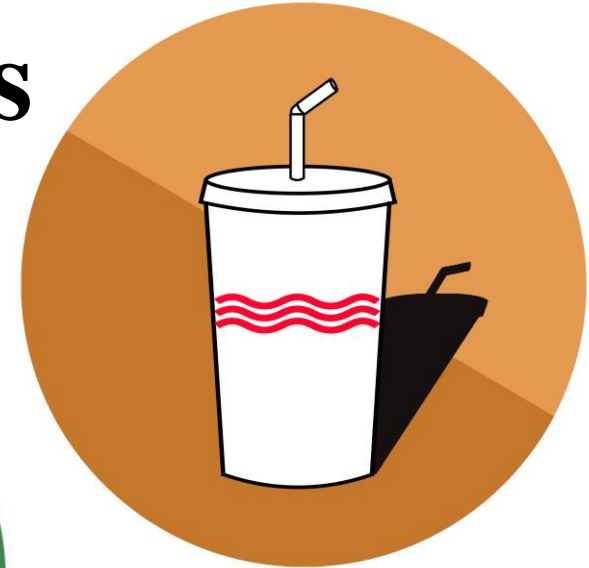
# Handwashing

- Handwashing is the most important part of personal hygiene.
- Food workers and employees must be trained to wash their hands.
- Handwashing procedures should be monitored regularly.



# When to Wash Your Hands

- After touching bare body parts;
- After using the restroom;
- After handling animals;
- After coughing and sneezing;
- After eating, drinking, or using tobacco products;
- After handling dirty equipment or utensils.





# When to Wash Your Hands Cont.

- Before wearing clean gloves when switching to another task, especially when handling ready-to-eat food.
- After participating in other activities that may contaminate hands.



# Where to Wash Your Hands



- Hands need to be washed in a sink used only for handwashing or an approved automatic handwashing facility.
- **DO NOT** wash hands in sinks for food prep, dishwashing, or other uses.



# Hand Sanitizers



- **Hand Sanitizers**: liquids or gels that help lower the number of germs on skin.
- Hand sanitizers must only be used after correctly washing your hands.
- Once applied, they must be allowed to dry before handling equipment, food, or putting on gloves.
- **Hand sanitizers do not replace handwashing.**
- **Not all hand sanitizers can be used in a food handling facility.**



# Gloves



- Gloves should only be put on after correctly washing and drying hands.
- Make sure any hand sanitizers used have dried before putting on gloves.
- Change gloves when switching tasks between raw foods and ready to eat foods or touching any contaminated surfaces or materials.
- Wearing gloves is not a substitute for handwashing!



# How to Wash Your Hands



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



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



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



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 faucet.

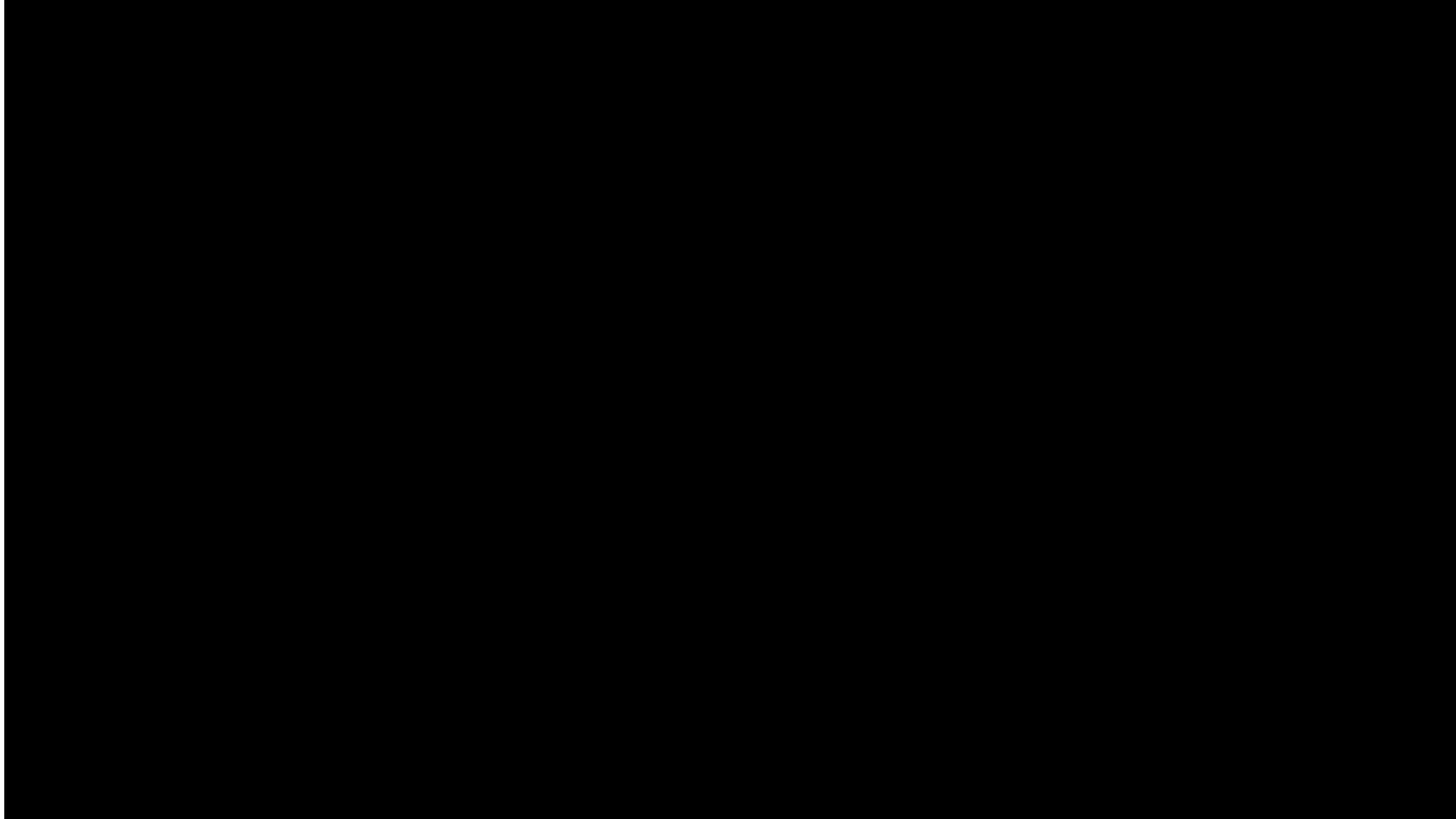


3. **Scrub hands and arms firmly back and forth.** Scrub them for **20 seconds**; making sure to clean under the fingernails and between fingers.





# How To Wash Your Hands



# Review: Why, When, How, And Where Handwashing should be done.

- 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.



# Review Continued

- 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.





## Development credits

### **Executive producers:**

Nancy C. Flores, PhD; Extension Specialist Food Technology

NMSU Graduate Students:

Rebecca Mijares, Karla Y. Lopez, and Adetoye Abodunrin

Undergraduate Students:

Gabriela Reyes, Judah Sanchez, Martha Minor

### **Graphic illustrators:**

Anastasia Hames and Adrian Aguirre

### **Models:**

Alberto Galarza, Karla Y. Lopez

### **Video Production Specialist:**

Art Ruiloba

This work is supported by Extension Family Consumer Science Department and  
Grant No.12644511 USDA National Institute of food and Agriculture