

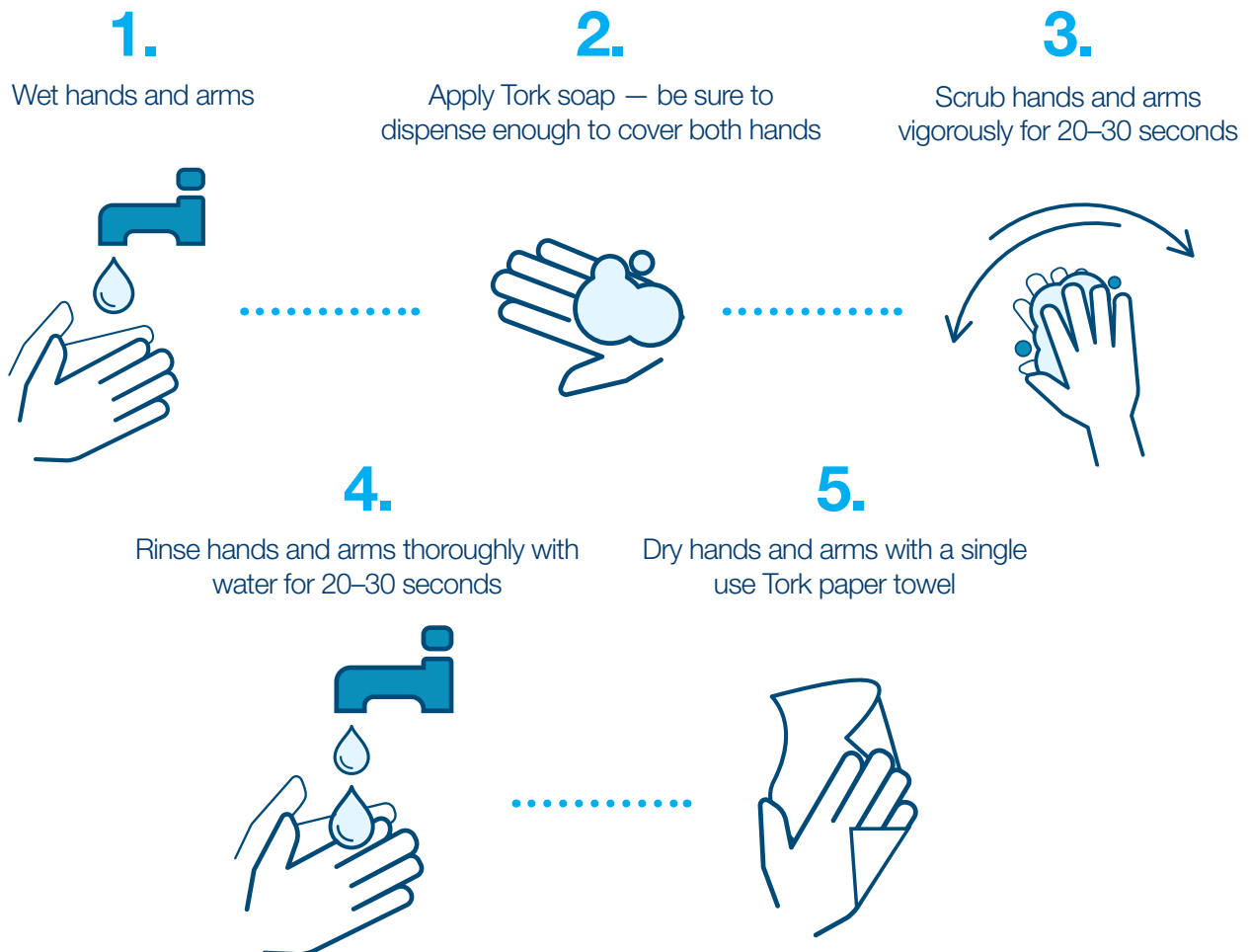
Tork Clean Care

Hand and personal hygiene guide

Handwashing is the single most important means of preventing the spread of infection¹. As many as 1 in 10 people globally suffer each year from foodborne diseases, often linked to preparing food with poor hand hygiene². In other words: practicing proper hand and personal hygiene routines is vital to the safety of both your guests and your staff.

How to wash hands

To effectively wash your hands, simply follow this 5-step process



When to wash hands

Before...



After...



And...
Once every hour
– to compensate for occasions
you may have missed



Personal hygiene

Personal hygiene is crucial when working with food and while proper hand hygiene is critical, other aspects of personal hygiene should also be considered.

1. Hair should be covered when preparing or handling food and tied back when serving.
2. Change work clothes daily. Staff should not use their work clothes outside of the facility, and machine washable garments should be washed with hot water to kill any bacteria or viruses.
3. Do not wear jewelry, wristwatches or nail polish. If employees' skin is cracked or wounded, they should use gloves when handling food (see right).
4. Cloth towels can harbor unwanted microbes that can easily transfer to food either directly or via hands. If towels are used, ensure these are washed frequently and replaced if visibly dirty. Chef or kitchen towels should not be used for drying clean hands; use paper towels instead.

Always allow your employees enough recovery time after sickness.



Gloves

Gloves can be useful for protecting hands from heavy soiling or to convey a hygienic impression.

They can also give a false sense of security:

- Gloves transfer germs between surfaces as effectively as hands
- Gloves can have small pinholes large enough to allow bacteria to transfer to or from the skin
- The natural flora of the hand will multiply in the warm, moist environment of the glove

To use gloves safely:

- Choose when to use them, and only for certain tasks
- Change gloves frequently if using for most tasks
- Perform hand hygiene (soap or sanitizer) after glove removal

Hand and personal hygiene training quiz

Take our quick quiz below to check if you have the facts needed to protect your guests, your staff and yourself.

You find the correct answers at the bottom of the page!

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HOW should you wash your hands? Which statements are correct?

- 1. You need to wash your hands and your arms Correct Incorrect
- 2. You should scrub vigorously for 10-15 seconds Correct Incorrect
- 3. You should use a single use Tork paper towel for drying Correct Incorrect

WHEN should you wash your hands? Before or after which activities?

- 4. Before After Using the restroom
- 5. Before After Clearing tables or dirty dishes
- 6. Before After Touching your clothing, hair, face or body
- 7. Before After Leaving the kitchen
- 8. Before After Handling food

Regarding personal hygiene, which statements are correct?

- 9. Your hair should be covered when preparing or handling food Correct Incorrect
 - 10. You should change your work clothes once a week Correct Incorrect
 - 11. It's okay to use chef or kitchen towels to dry clean hands Correct Incorrect
 - 12. Gloves transfer germs between surfaces as effectively as hands Correct Incorrect
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Correct answers: 1 Correct, 2 Incorrect, 3 Correct, 4 After, 5 After, 6 After, 7 After, 8 Before, 9 Correct, 10 Incorrect, 11 Incorrect, 12 Correct