

# How to Run a Healthy Business

## Handwashing Tips

### Handwashing Facilities

By law, all food preparation areas must have a basin for washing hands.

Staff need to wash their hands only in facilities that are designated for this purpose. Staff must never use a food preparation sink for hand washing.

There must be a good supply of liquid soap, warm running water and a hygienic way of drying hands, such as disposable paper towel or hot air drier.

It is best to use liquid soaps. Bars of soap may have bacteria on them from the last person. **Remember:** soap does not kill bacteria.

Disposable paper towels are best as they are only used once and will not pass on bacteria from other people. Do not forget to provide a rubbish bin to throw the used paper towel into.

### How to wash hands

Hands are the parts of the body which come into contact with food most often.

It is essential that they are properly washed before work and frequently during the shift.

Correct handwashing techniques are a vital part of good food business practice. Staff should be trained in a set hand washing technique for example:

1. Apply soap and wet hands with warm water
2. Wash hands (including between fingers) and forearms for at least 60 seconds
3. Rinse with running warm water
4. Dry with disposable paper towels or hot air drier.

### When to wash hands

Staff should be trained to wash their hands:

- Before starting work
- After using the toilet
- After blowing their nose
- Before and after breaks
- After smoking, coughing or sneezing
- After using a handkerchief or tissue
- After coughing into their hands
- After eating or drinking
- Between working with different foods
- Between handling cooked and raw foods
- After handing rubbish
- After touching their hair, nose, mouth
- After cleaning and sanitising tasks
- In any circumstances where cross-contamination is possible.

### Nails and Jewellery

Nails should be kept short and clean.

Nail polish can chip off and can also hide dirty nails so it should not be worn to work. Artificial nails should also be avoided as these can fall off into food.

Jewellery can be an occupational health and safety hazard. It can heat up near cooking appliances and burn skin. It can also get caught in machinery.

Minimal jewellery may be worn in a food business (ie. wedding bands). Refer to your Food Safety Program for more information.

For more information about handwashing please contact your Environmental Health Officer at the Health Services Branch on 9658 8831 / 8817.



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