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Hand Washing and Glove Usage



The Mango Industry Food Safety Training Kit Farm



Hand Washing



Let's talk about the single most important practice for keeping mangos safe: hand washing. Hand washing is one of the best ways to prevent the spread of illness and infections.

During the day, our hands come into contact with objects that are not always clean, which means our hands can become contaminated with microbes. If we do not wash our hands, the dirt and microbes from those objects can easily be transferred to the mangos if we touch them without washing our hands. For this reason, you must keep your hands clean at all times.

Notes: _____



Hand Washing





The Importance of Hand Washing



In this image, you can see several types of hand washing stations. Some are simpler than others, but they are all effective in the farm. The rule is simple: A good hand washing can reduce the amount of microbes present on your hands.

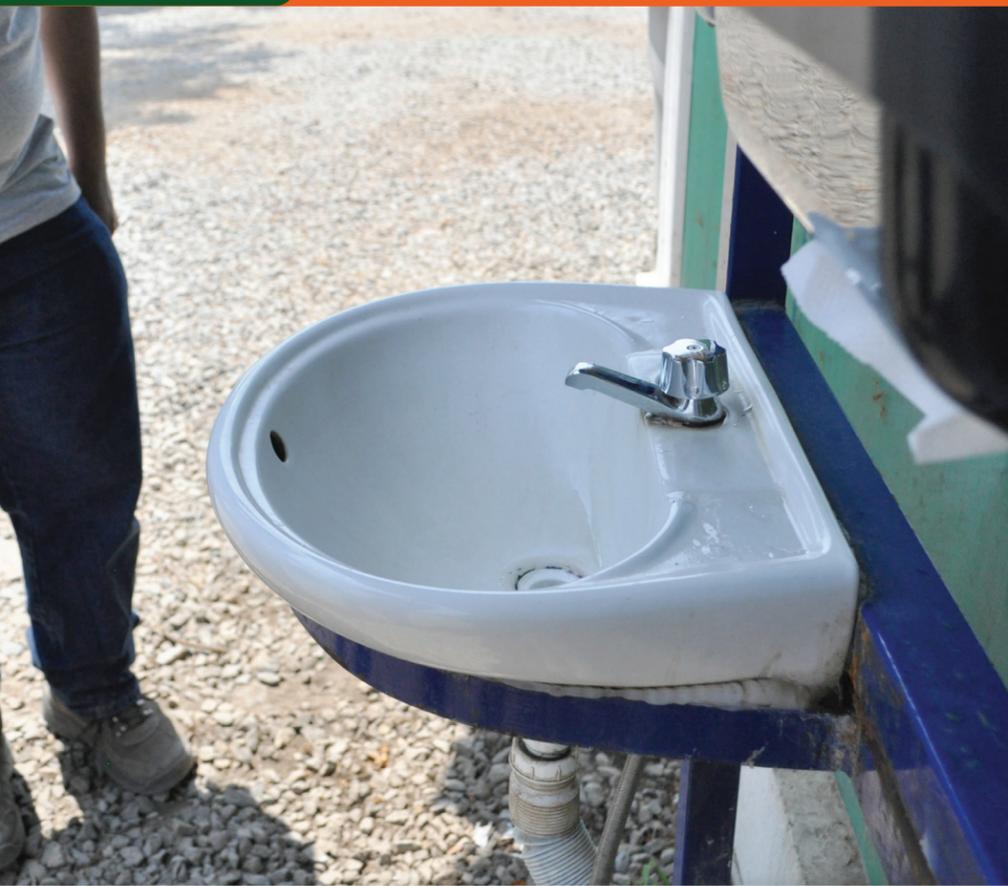
It doesn't matter what kind of hand washing station the farm is equipped with. What is important is that you wash your hands correctly with the procedure you will learn in this lesson.

Hand washing is like job insurance because it helps reduce the risk of mango contamination.

Notes: _____



The Importance of Hand Washing





When Should I Wash my Hands?



To help minimize the potential risk of mango contamination you must wash your hands BEFORE:

- Starting work.

You must also wash your hands AFTER you do any of the following activities:

- Using the bathroom. This is the most important hand-washing opportunity.
- You must wash your hands after using the restroom!
- Taking a break or eating.
- Touching your nose or face.
- Coughing or sneezing on your hands.
- Smoking.
- Using your cell phone.

Notes: _____



The Three Areas of Personal Hygiene





Proper Hand Washing Procedure



There is a standard proper procedure for hand washing. All employees on the farm should follow it. Rapidly wetting your hands or washing them without soap is not enough to remove microbes or chemical products from your hands. The following are the five basic steps for thorough hand washing:

Step 1: Wet your hands with clean water.

Step 2: Apply soap.

Step 3: Scrub your hands and forearms for approximately 10 to 15 seconds.

Step 4: Rinse your hands with water to eliminate all the soap.

Step 5: Dry your hands using a disposable paper towel.

If there are no soap or paper towels in the hand washing station, immediately inform your supervisor, so that the matter can be taken care of.

Notes: _____



Proper Hand Washing Procedure

1



2



3



4



5





Step 1. Wet Your Hands with Water



Let's review in detail each of the steps for proper hand washing.

First, wet your hands with clean water.

Notes: _____



Step 1. Wet Your Hands with Water





Step 2. Apply Soap



Next, apply a good amount of soap or detergent on your hands. Soap helps to loosen dirt and microbes stuck to the skin.

Notes: _____



Step 2. Apply Soap





Step 3. Scrub for 10 to 15 Seconds



Scrub your hands and forearms vigorously for 10 to 15 seconds.

Remove any dirt that is underneath your fingernails. Scrub your hands, arms, and the areas between your fingers well.

Create sufficient friction while scrubbing, since friction is probably the most important factor in eliminating bacteria and dirt from your hands.

Notes: _____



Step 3. Scrub for 10 to 15 Seconds





Step 4. Rinse Your Hands



Rinse your hands with clean water, making sure to remove all the soap from your hands.

Notes: _____



Step 4. Rinse Your Hands





Step 5. Dry Your Hands with a Disposable Paper Towel



Dry your hands using a disposable paper towel or any other approved drying method such as a warm air dryer or a continuous supply of clean towels.

You must not dry your hands on your clothes, protective clothing, or work rags, which can cause you to recontaminate your hands.

Always throw away the disposable paper towel in the trash can.

These five steps will help you to ensure you wash your hands properly. If you find it difficult to remember them, check the posters placed next to the farm's hand washing stations, which demonstrate the proper procedure to wash your hands.

Notes: _____



Step 5. Dry Your Hands with a Disposable Paper Towel





Hand Sanitizer



Some farms may require the use of hand sanitizers or gel antiseptics after you have washed your hands. Review your company's policy to see if this is necessary.

Hand sanitizers are liquids and gels that reduce the microbes present on clean hands. Hand sanitizers should only be used **AFTER** you have washed your hands and **NOT** in place of hand washing.

It is prohibited to use a hand sanitizer you brought from home, and you must always keep in mind that hand sanitizers are **NOT** to be used in place of proper hand washing.

*[**Note:** The use of hand sanitizer is not necessarily a food safety requirement on a farm; it is optional and its use depends on each individual operation.]*

Notes: _____



Hand Sanitizer





Hand Washing Activity



The objective of this activity is to demonstrate the correct hand washing procedure.

1. Have GloGerm™ or GlitterBug® cream and an ultraviolet light ready prior to this activity.

You can order the GloGerm™ or GlitterBug® kit at:

- GloGerm™ Company - <http://www.glogerm.com> - 800-842-6622
 - GlitterBug® Brevis Co. - <http://www.glitterbug.com> - 801-466-6677
2. Before starting the training session, make sure there is a hand washing station near the training location. The hand washing station must have running water and be well stocked with liquid soap, paper towels, and a trash can.
 3. Take the participants to the hand washing station.
 4. Ask the participants if there are any volunteers to apply the GloGerm™ or GlitterBug® cream to their hands and then apply the cream.
 5. Place your hands and the volunteer's under the UV lamp and ask the other participants to observe. To see the effect of the cream under the UV lamp, dim the light in the room.
 6. Ask volunteers to only rinse their hands instead of washing them properly.
 7. Wash your hands using the appropriate hand washing procedure.
 8. Place your hands under the UV lamp and show the participants that your hands do not glow. Now ask the volunteers to place their hands under the UV lamp and allow the group to observe how they glow.
 9. Ask the participants what they think happened and why they think their hands still glow and yours don't.

If the cream is not available, it is important to modify this activity to show only the correct procedure at a hand washing station. The instructor must first demonstrate the procedure and then ask each of the participants to wash their hands properly before returning to work.

Notes: _____



Hand Washing Activity

