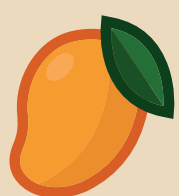


3

Hand Washing and Glove Usage

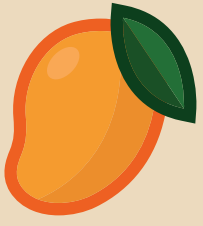


The Mango Industry Food Safety Training Kit Warehouse



Producing Safe
Mangos

Mango.org



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

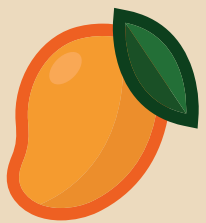


In this image, you can see a hand washing station. Some warehouse/cold storages have hand washing stations simpler than others, but they are all effective on the job. The rule is simple: A good hand washing can reduce the amount of microbes present on your hands.

It doesn't matter what kind of hand washing station is utilized by the warehouse/cold storage. What is important is that you wash your hands correctly with the procedure you will learn in this lesson.

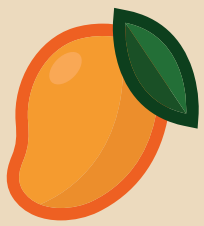
Hand washing is like job insurance because it helps reduce the risk of mango contamination.

Notes: _____



The Importance of Hand Washing





When Should I Wash my Hands?



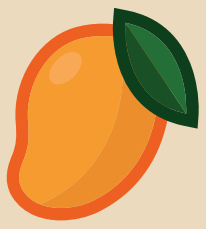
To help minimize the potential risk of mango contamination you must wash your hands BEFORE:

- Starting work.
- Putting on gloves, if applicable.

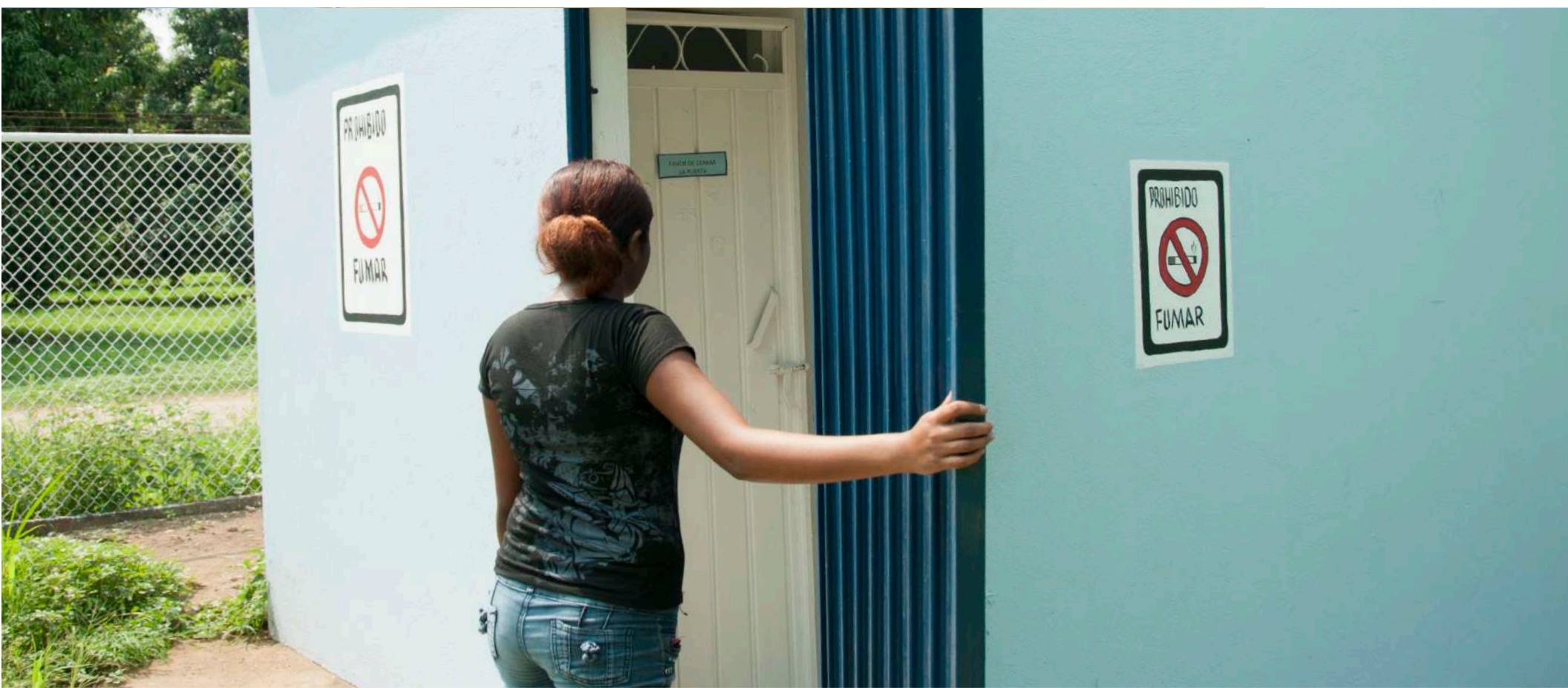
You must also wash your hands AFTER you do any of the following activities:

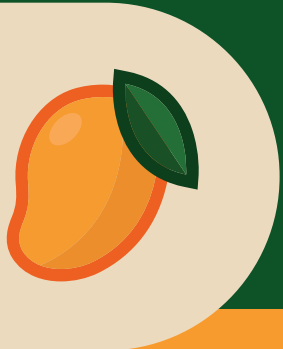
- Using the bathroom. This is the most important handwashing opportunity. You must wash your hands after using the restroom!
- Taking a break or eating.
- Touching your nose or face.
- Coughing or sneezing on your hands.

Notes: _____



When Should I Wash my Hands?





Proper Hand Washing Procedure

There is a standard proper procedure for hand washing. All employees on the warehouse/cold storage 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.

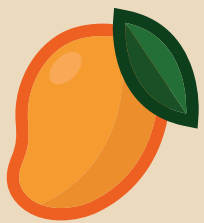
Step 3: Scrub your hands and forearms for approximately 10 to 15 seconds.

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

Step 5: Dry your hands using a disposable paper towel or any other approved drying method such as a warm air dryer.

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





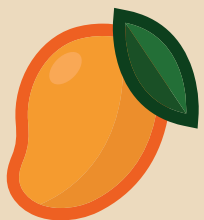
Step 1. Wet your Hands with Water



Let's review in detail each of the steps to wash our hands properly.

First, wet your hands with clean water.

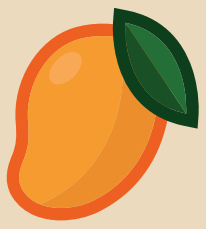
Notes: _____



Step 1. Wet your Hands with Water



Producing Safe
Mangos

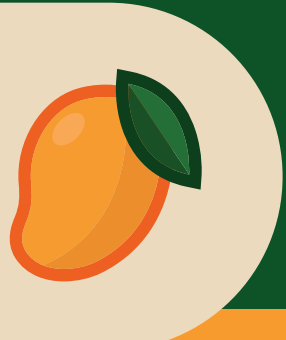


Step 2. Apply Soap

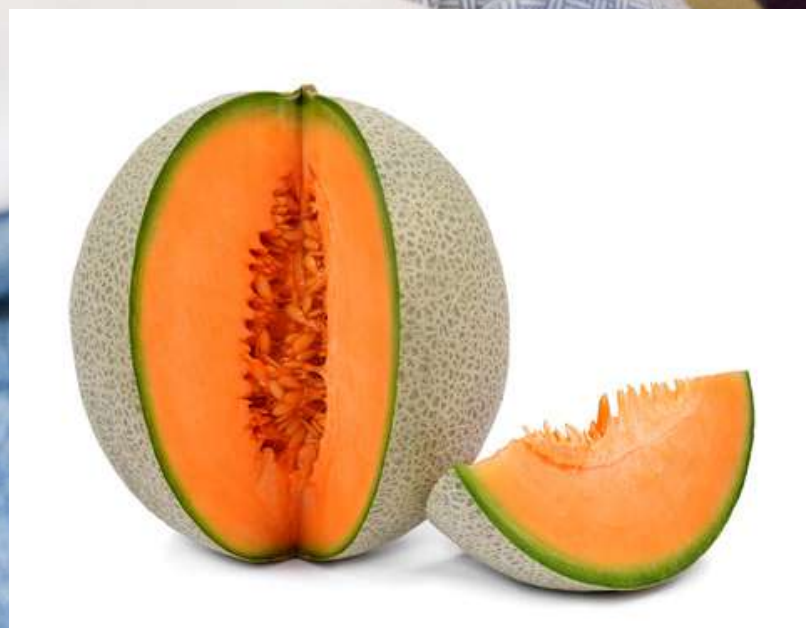
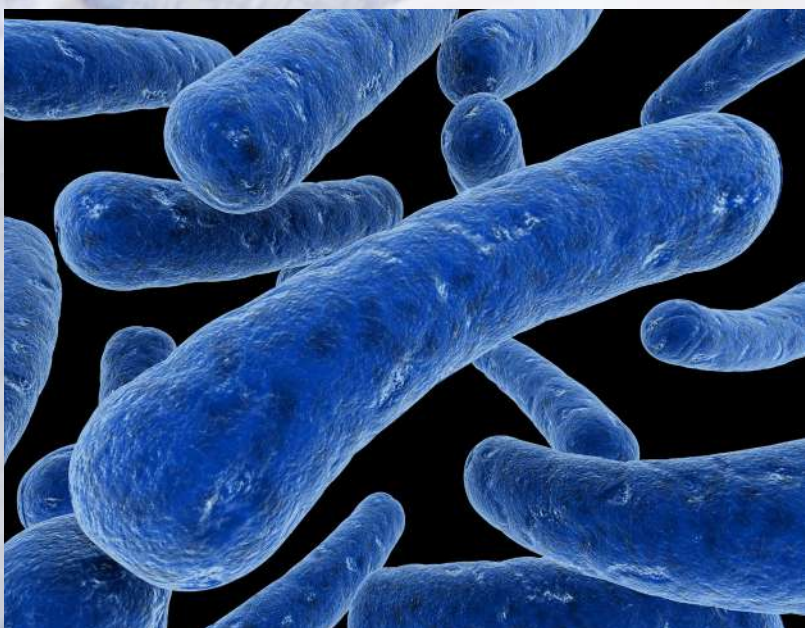


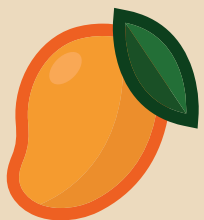
Next, apply a good amount of soap or detergent on your hands. Soap helps to loosen dirt and microbes stuck to the skin.

Notes: _____



Step 2. Apply Soap





Step 3. Scrub for 10 to 15 Seconds

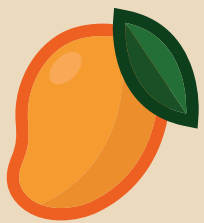


Scrub your hands and forearms vigorously for 10 to 15 seconds.

Be sure to remove any dirt that is underneath your fingernails and scrub your hands, arms, and the areas between your fingers well.

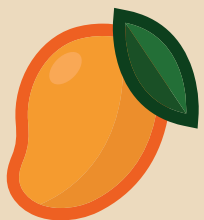
Make sure you create sufficient friction while scrubbing, since friction is probably the most important factor in eliminating bacteria and dirt from your hands.

Notes: _____

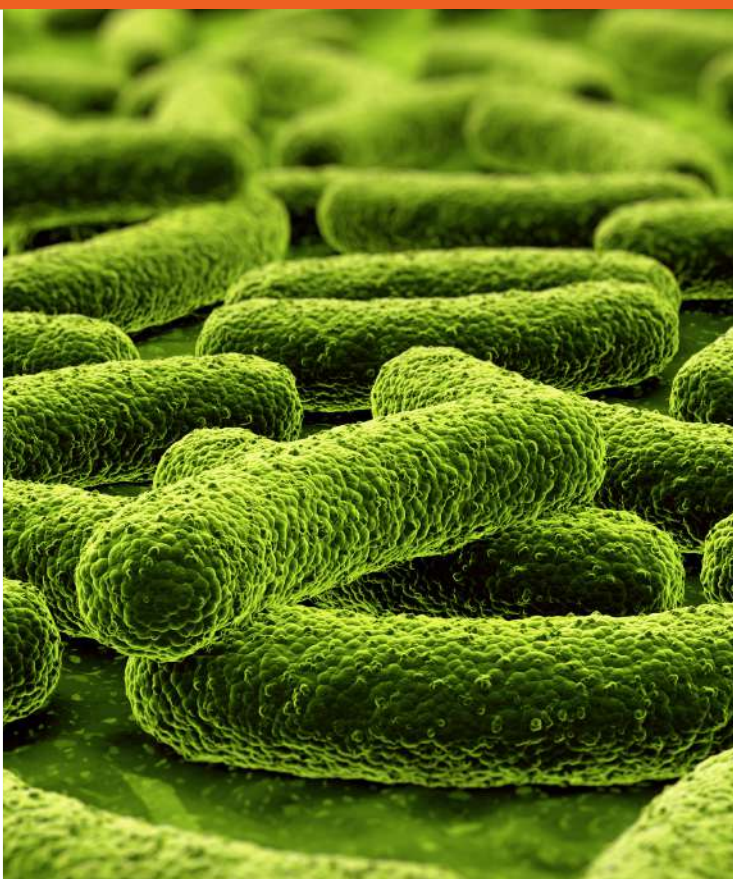


Step 3. Scrub for 10 to 15 Seconds



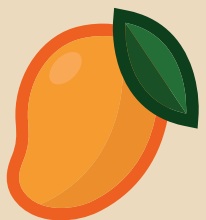


Step 4. Rinse your Hands

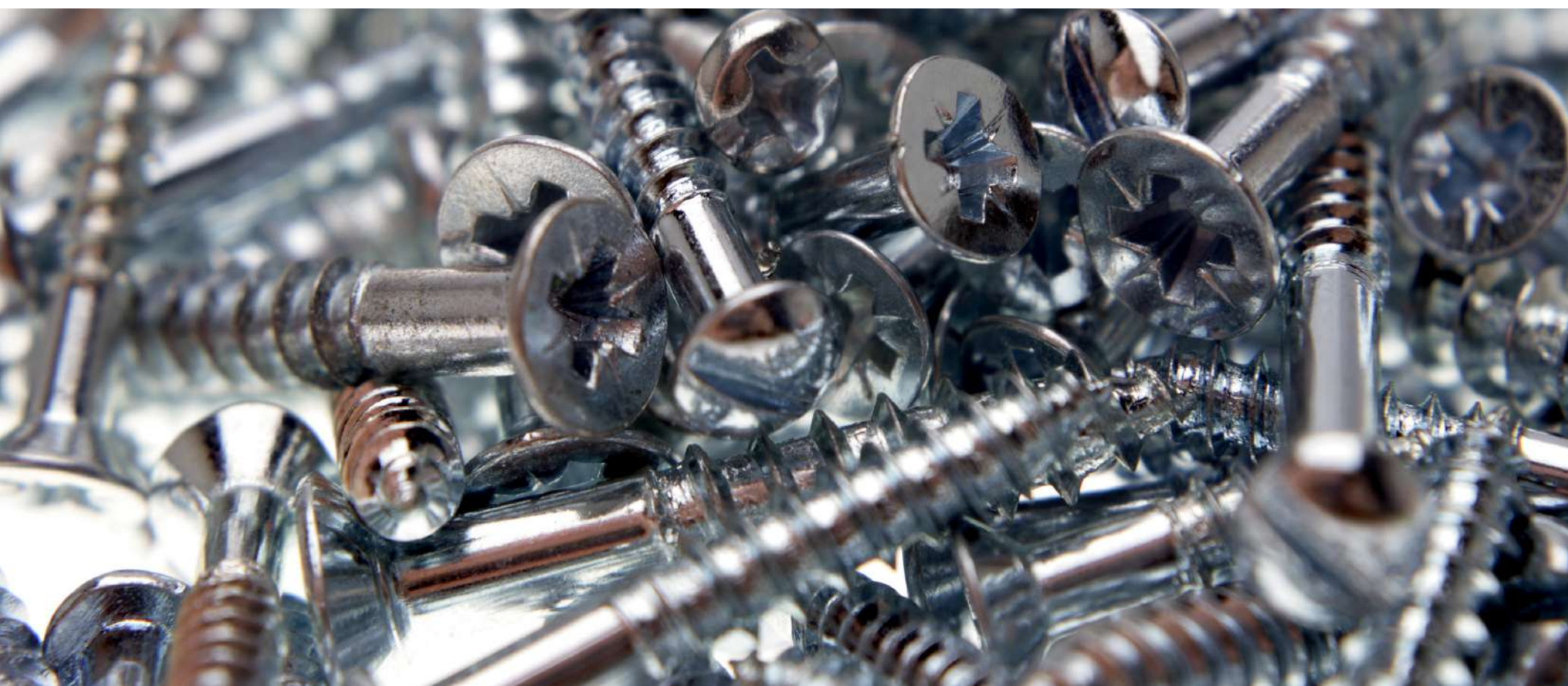


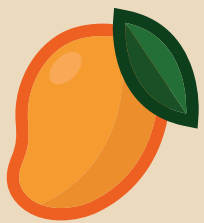
Next, rinse your hands with clean water, making sure to remove all the soap from your hands.

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.

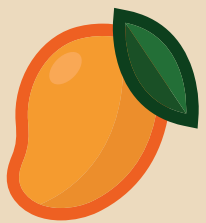
You must not dry your hands on your clothes, protective clothing, or work rags, which can cause you to recontaminate your hands.

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

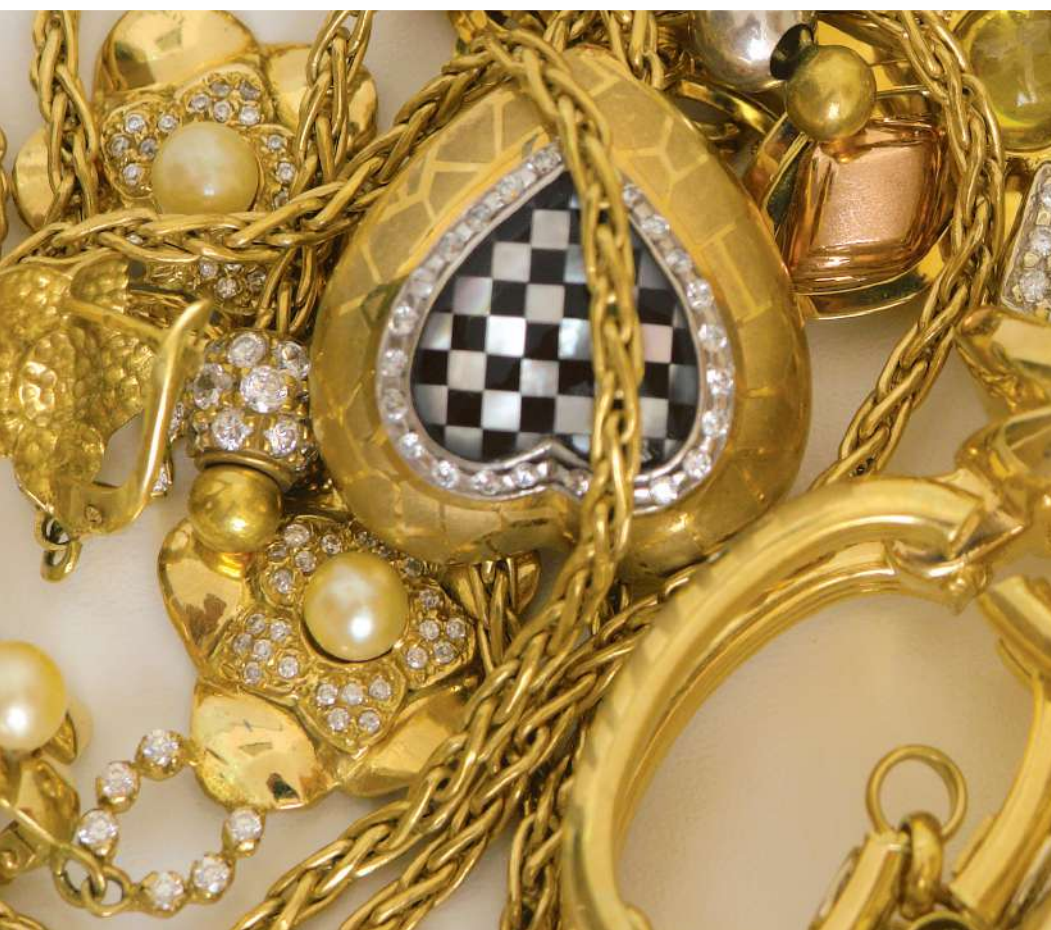
These five steps will help you to ensure you wash your hands properly.

If you find them difficult to remember, check the posters placed next to the farm's hand washing stations, which demonstrate the correct procedure to wash your hands.

Notes: _____



Step 5. Dry your Hands with a Disposable Paper Towel





Hand Sanitizer



Some warehouse/cold storage may require the use of hand sanitizers or gel antiseptics after you have washed your hands.

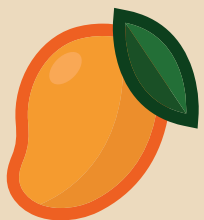
Review your company’s policy to see if this is necessary. Hand sanitizers are liquids and gels that reduce the microbes present on clean hands. Hand sanitizers should only be used

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 warehouse operation; it is optional and its use depends on each individual operation.]*

Notes: _____



Hand Sanitizer





Glove Usage



Some warehouse/cold storages require employees who perform specific tasks to wear gloves. Only use gloves provided by the warehouse/cold storage.

Gloves are used to protect mangos from contamination, not to protect your hands from the mangos.

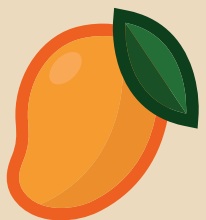
Gloves sometimes give a false sense of security because some people believe that, if you wear gloves while working, it is not necessary to wash your hands.

THAT IS NOT TRUE! Gloves are like your hands. They stay clean until they touch other contaminated surfaces or objects. Therefore, it is very important to wash your hands before putting on gloves.

The general glove usage rule is simple: ALWAYS wash your hands before putting on a new pair of gloves.

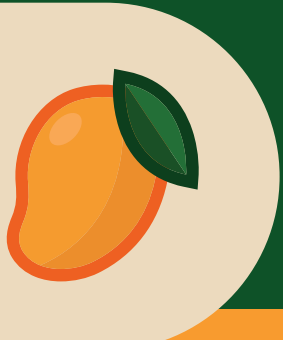
*[**Note:** The use of gloves is NOT necessarily a food safety requirement on the warehouse; it is optional, and its use depends of each individual operation.]*

Notes: _____



Glove Usage





Glove Usage Recommendations



The following list includes recommendations for correct glove usage:

- Use gloves only for the assigned job and use only the correct size.
- Use gloves on both of your hands.
- Remove gloves whenever you leave your workstation.
- Change your gloves whenever you touch something dirty or contaminated.
- Put on new gloves whenever they break, tear, or get dirty.
- Do not enter the restroom wearing gloves.
- Remove your gloves to eat, drink, or smoke.
- Do not blow on or roll your gloves to help you put them on.
- Throw away used gloves in a trash can, not on the floor or outside the bathroom.
- Remember that gloves are NOT a substitute for hand washing. If there are no gloves or utensils available in your work area, inform your supervisor immediately.
- It is also important to tell your supervisor if your glove or a piece of your glove falls into the mangos with which you are working.

Notes: _____

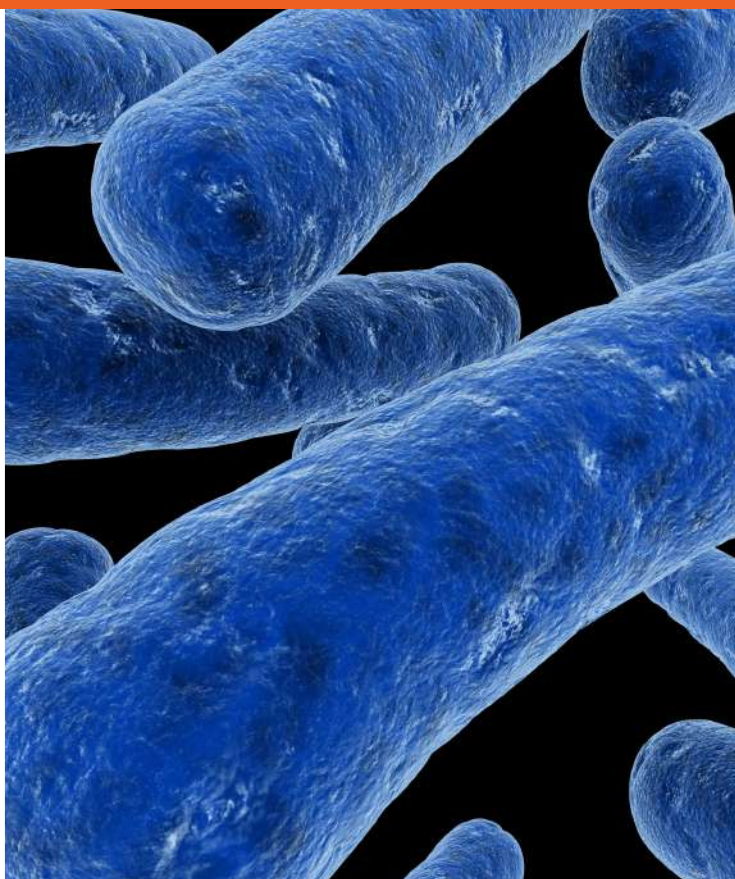


Glove Usage Recommendations





Activity: Correct-Incorrect



To conclude this section of the training, we will review some examples of situations that we learned today and that could happen in a mango warehouse/cold storage.

[The purpose of this activity is to demonstrate appropriate personal hygiene practices to be followed in the mango industry.]

What is wrong in the picture on the top?

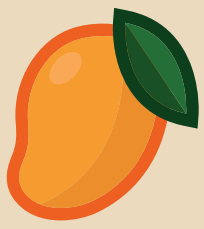
Why?

[Allow participants to answer both questions.]

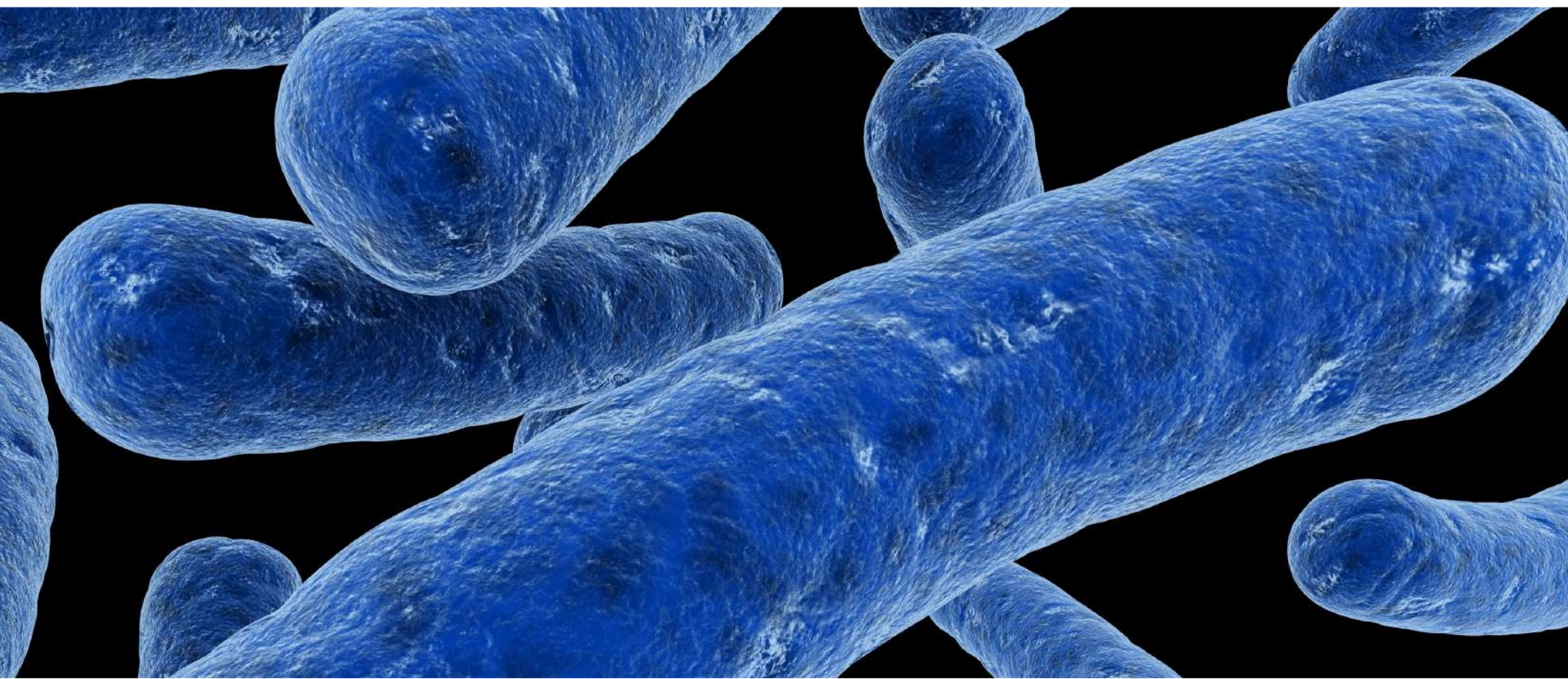
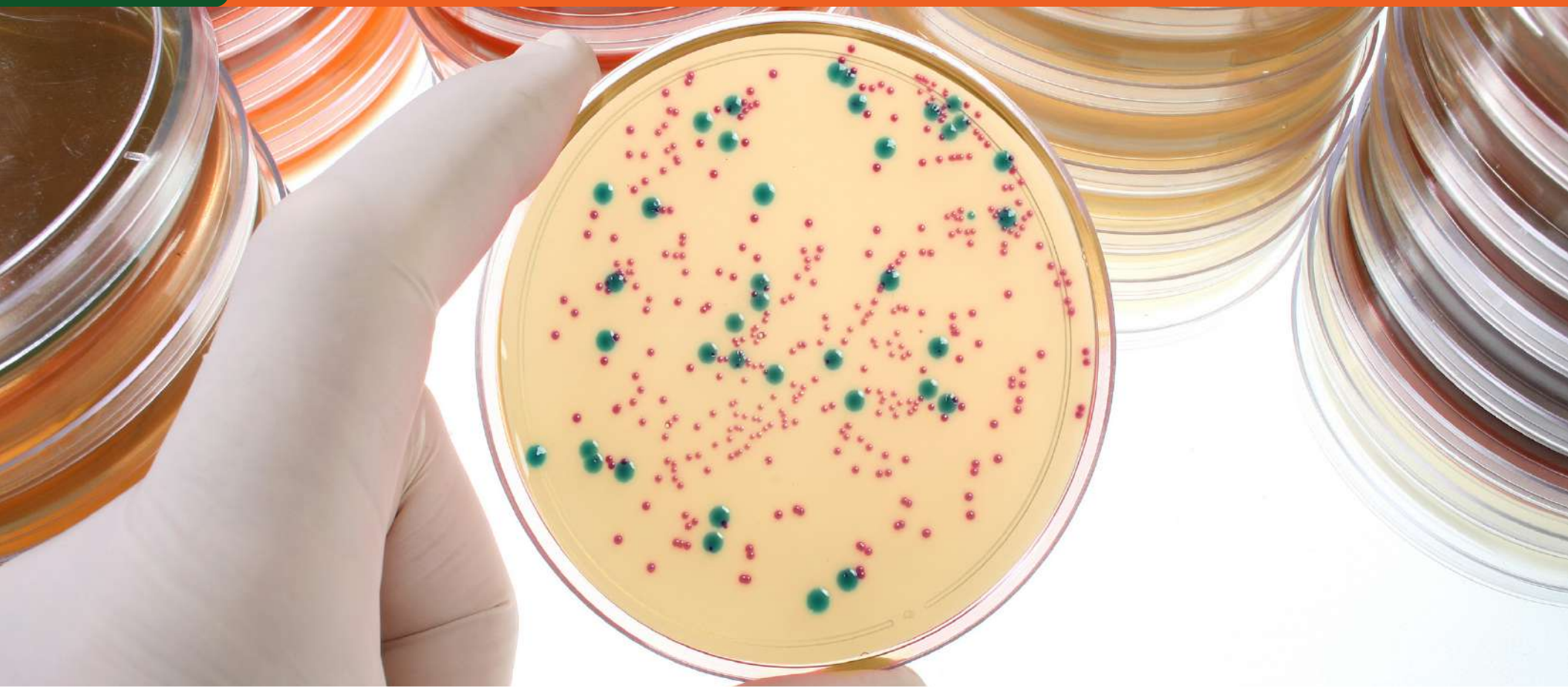
The employee is handling mangos with a torn glove. Always wear whole gloves when handling mangos.

In the picture on the bottom, we can see the same person is now working correctly with whole gloves.

Notes: _____



Activity: Correct-Incorrect





Activity: Correct-Incorrect



What is wrong in the picture on the top?
Why?

[Allow participants to answer both questions.]

The employee is not wearing any gloves. Always wear gloves whenever you are handling mangos.

In the photograph on the bottom we can see the same employee is now working correctly with gloves on both hands.

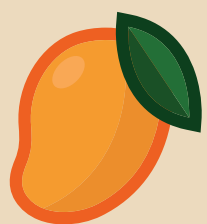
This is the end of our discussion about hand washing and proper glove usage.

Do you have any questions?

[If you have the GloGerm™ or GlitterBug® lotion, proceed to the hand washing activity on the next page. If the lotion is not available, it is important to modify this activity to only show the correct procedure at a hand washing station.]

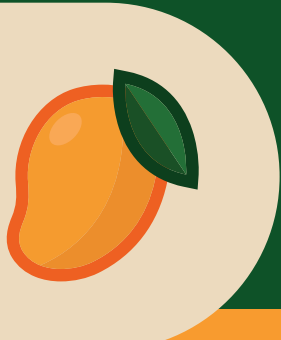
Thank you for your participation. Please remember to sign the attendance sheet.

Notes: _____



Activity: Correct-Incorrect





Hand Washing Activity



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

1. Have GloGerm™ or GlitterBug® lotion 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® lotion to their hands and then apply the lotion.
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 lotion 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 lotion 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

