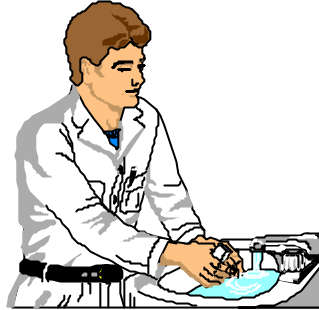


CHRISTCHURCH CITY COUNCIL

Hand Washing & Glove Use for Food Workers

Information Sheet



HAND WASHING

What is the main reason for washing hands and not touching ready-to-eat food with bare hands?

The main reason for not touching ready-to-eat foods with bare hands is to prevent viruses and bacteria that may be present in your body from contaminating the food. Viruses and bacteria are invisible to the naked eye, but may be present on your hands if you do not wash them thoroughly, particularly after using the toilet. The law prohibits bare hand contact with most ready-to-eat foods and requires good hand washing by food handlers.

When am I required to wash my hands?

- before starting work;
- before handling food
- before putting on single service gloves;
- after touching raw, fresh or frozen beef, poultry, fish or meat;
- after mopping, sweeping, removing garbage or using the telephone;
- after using the toilet;
- after smoking, eating, sneezing or drinking;
- after blowing your nose or touching your hair,
- after touching anything that might result in contamination of hands.

What is good hand washing?

All persons involved with food preparation must wash their hands and exposed portions of their arms with soap and water. Thorough hand washing is done by vigorously rubbing together the surfaces of lathered hands and arms for at least 20 seconds followed by a thorough rinse with clean water. Use a single-service towel, paper towels or hot air dryer to dry hands.

How can I prepare or serve ready-to-eat food to avoid contact with my bare hands?

You may use any of the following to prepare or serve foods without bare hand contact:

- tongs;
- forks & spoons;
- deli paper;
- disposable gloves;
- waxed paper;
- paper napkins;
- spatulas.

What kinds of foods may not be touched with bare hands?

- prepared fresh fruits and vegetables served raw;
- salads and salad ingredients;
- cold meats and sandwiches;
- bread, toast, rolls and baked goods;
- garnishes such as lettuce, parsley, lemon wedges, potato chips or pickles on plates;
- fruit or vegetables for mixed drinks;
- ice served to the customer;
- any food that will not be thoroughly cooked or reheated after it is prepared.



DISPOSABLE GLOVES

Am I required to wear disposable sanitary gloves?

New Zealand law does not require gloves to be worn, but does require that certain food be prepared and served without bare hand contact. Wearing disposable sanitary gloves is one of several acceptable ways to comply with this law.

Must I change my gloves after touching money with gloves on?

No. Food outbreak investigations have not identified the handling of money as a cause of illness. But it is a good idea to change your gloves and wash your hands between touching money and preparing food. Many patrons complain to the Council if they see food workers using the same gloves to prepare food and handle money. Where possible, it is preferable to have separate persons handling money to those handling food. Money may not be implicated in the spread of disease but it may be dirty or contaminated in other ways.

When do I have to replace or change gloves?

Always change gloves if the gloves get ripped, torn, or contaminated. Contamination can occur after using the toilet, smoking, coughing, sneezing, and in between preparing raw and cooked foods. Gloves should also be changed at regular intervals during the day.

Food worker hands must be washed thoroughly and be cleaned before wearing new gloves.

Where can I learn more about hand washing and glove use?

The Council can answer your questions or give you more information about hand washing and glove use and about the importance of glove use in preventing illnesses.

