

# Proper Handwashing Steps for Food Practitioners



1. **WET**  
Wet your hands with running water.



2. **WASH**  
Apply enough hand cleaner to cover all surfaces of your hands.



3. **BRUSH**  
Use a nail brush to clean your fingertips and nails.



4. **SCRUB**  
Scrub palm and back of the hands for at least 20 seconds.



5. **RINSE**  
Rinse your hands well under running water.



6. **DRY**  
Dry your hands using paper towels or hand dryer.

