



Clean your hands and arms using the following steps:

Start



Rinse

Rinse hands and exposed portions of arms under clean, warm, running water.



Scrub

Apply soap and rub hands and fingers together vigorously for at least 20 seconds, including under fingernails, between fingers/fingertips, and on surfaces of the hands and arms.

Rinse

Rinse again with clean, warm, running water.



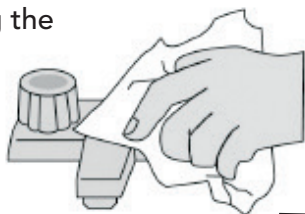
Dry

Dry hands and arms thoroughly with single-use paper towels, a heated-air hand dryer, or a clean, unused towel.



Finish

Avoid recontamination by using a clean barrier, such as a paper towel, when turning off water faucets or touching the door handle.



Repeat

Repeat the process after any activity that may contaminate hands, such as working with food, changing tasks in the kitchen, touching your face/hair, or using the bathroom.

WASH your HANDS

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FOOD SERVICE