

# HANDWASHING

## Work Instruction

1



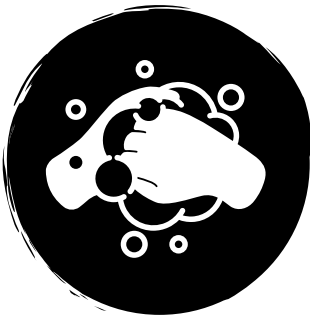
Wet hands with water and apply soap to cover all hand surfaces

2



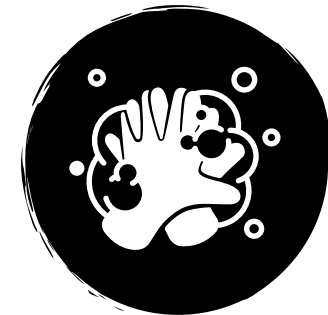
Rub hands palm to palm

3



Rub fingertips with opposite palm

4



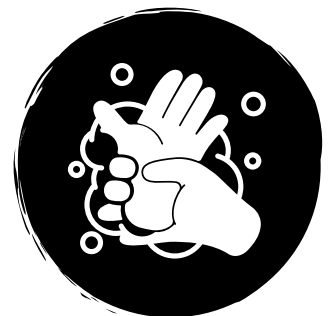
Clean in between the fingers

5



Do a rotational rubbing of left thumb clasped in right palm and vice versa

6



Rinse hands with water

7



Dry hands thoroughly

8



Apply hand sanitiser

# HANDWASHING

## Policy and Training

Good hand washing removes dirt, allergens, leftover food, grease, bacteria and viruses that can make you or someone else sick.

### Important

Follow the handwashing instructions at the sinks.

You will be observed and assessed for handwashing.

Failure to wash your hands can result in a warning or dismissal.

### You MUST wash your hands BEFORE...

- Starting work
- Handling produce
- Handling packaging materials
- Handling equipment, tools or utensils
- Eating
- Entering the pack shed
- Putting on gloves

### You MUST wash your hands AFTER...

- Going to the toilet
- Meal or tea breaks
- Smoking
- Touching your face
- Cleaning duties
- Taking off gloves
- Sneezing, coughing or blowing your nose
- Touching or scratching any part of your body
- Touching your watch or jewellery
- Touching sores, rashes, cuts or band-aids
- Handling rubbish or bins
- Touching the floor or ground
- Touching machinery parts

### Gloves

- are optional
- are provided
- are put on after handwashing and sanitising
- are not required in the paddock or orchard
- are removed before taking a break or going to the toilet
- are disposed of in the rubbish bin
- are replaced after taking a break or going to the toilet

Worker Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Trainer Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_