

Proper Hand Care Fact Sheet

To keep food safe, make sure you follow these guidelines:

In addition to proper washing, hands need other regular care to ensure they will not transfer microorganisms to food.



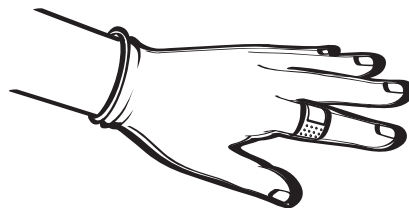
Keep your fingernails short and clean. Long fingernails may be difficult to keep clean. They may also hide illness-causing microorganisms.



Do not wear nail polish. It can disguise dirt under nails and may flake off into food.



Do not wear false nails. They are difficult to keep clean and can break off into food.



Cover cuts and sores on hands with bandages. Always wear a glove or finger cot to keep the bandage dry and prevent it from falling off into food.

You're in Safe Hands

Directions: Four new foodhandlers have just been hired. Take a look at their hands and explain what they must do before they can be allowed to handle food.

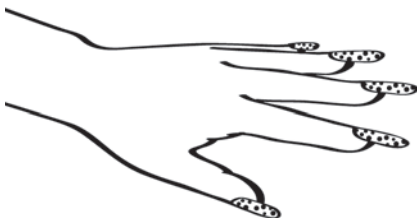
1 Maria



2 Sharisse



3 Janet



4 Paul



Proper Hand Care Fact Sheet Optional Activity Answers

1. You're in Safe Hands

Here is what the foodhandlers must do before they can be allowed to handle food:



1. Maria must remove her nail polish. While her nails are short, the nail polish could disguise dirt that might be underneath and could flake off into food.



2. Sharisse must trim her fingernails. Long fingernails may be difficult to keep clean. They also may hide illness-causing microorganisms.



3. Janet must remove her false fingernails. They are difficult to keep clean and can break off into food.



4. Paul does not need to do anything. His fingernails are short and clean. His hands are in good shape for handling food.