



Division of Hotels & Restaurants  
Florida Department of  
Business and Professional Regulation  
[www.hospitalityeducation.org](http://www.hospitalityeducation.org)

# Food Safety

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## It's in YOUR Hands!



UNIVERSITY OF  
FLORIDA

1

You must start at a hand washing sink, NOT a food prep sink.

2

Use soap and warm running water.

3

Rub hands together for 20 seconds, up to elbows.

4

Wash backs of hands, wrists, between fingers, and under fingernails.

5

Rinse hands well under running water.

6

Turn off running water with a paper towel, NOT with bare hands.

7

Dry hands with a clean paper towel or air dryer.