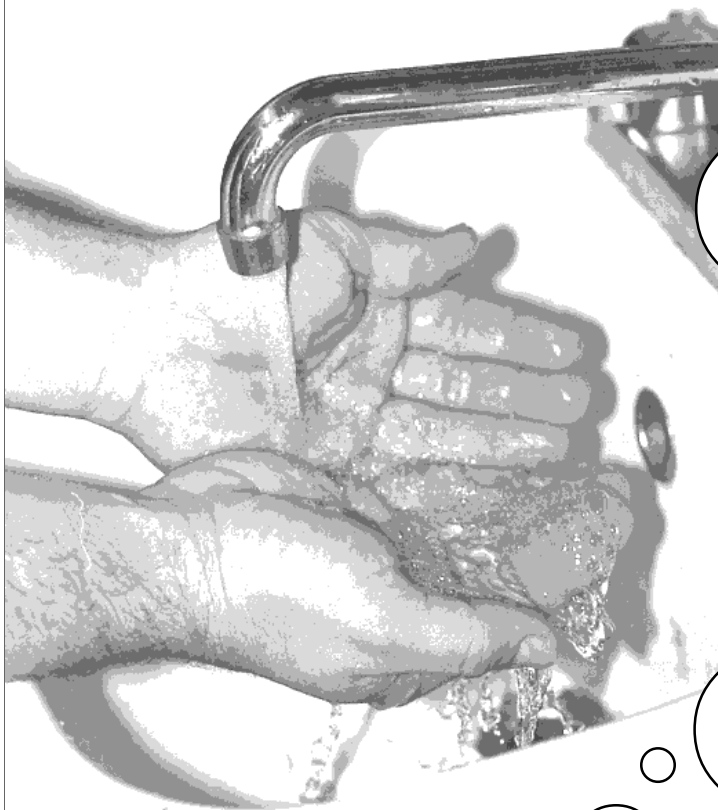




Division of Hotels & Restaurants  
Florida Department of  
Business and Professional Regulation  
[www.hospitalityeducation.org](http://www.hospitalityeducation.org)

# Food Safety .... 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.

8

Use an approved hand sanitizing solution before handling ready-to-eat foods.