

如何清潔你的雙手？

How to wash your HANDS?

給食物業從業員的指引
a guide for food handlers



1
用溫水把手弄濕
Wet hands with warm running water



2
使用肥皂液
Apply soap



3
雙手互相搓擦20秒
(徹底洗淨前臂、手腕、手掌、手背、手指及指甲邊等)
Rub hands for 20 seconds (wash all surfaces thoroughly, including forearms, wrists, palms, back of hands, fingers and under fingernails)



可用指甲刷協助清潔指甲邊，但應注意保持指甲刷清潔衛生。
If necessary, use a nail brush to clean nails. However, the brush must be kept clean and sanitary.



4
徹底沖洗雙手
Rinse hands thoroughly



5
用抹手紙抹乾雙手
(抹手紙可再用來關掉水源)
Dry hands with a paper towel (the paper towel can then be used to turn off the tap)



6
用抹手紙包裹著水龍頭來關掉水源
Turn off the tap with the paper towel