

# 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.



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



**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)



**4**  
徹底沖洗雙手  
Rinse hands thoroughly