

The Invisible Threat & The Simple Shield

A Guide to Hand Hygiene Excellence for UK Food Professionals



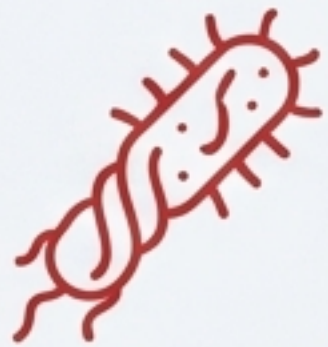
Your Hands are the Front Line of Food Safety

Most food poisoning outbreaks are caused by poor personal hygiene. Unwashed hands are the primary way harmful germs are spread to food. This isn't just a rule; it's one of the most critical controls you have.



The Contaminants You Can't See

Even hands that look clean can carry thousands of germs. Unwashed hands can directly transfer dangerous pathogens to food, surfaces, and equipment.



E. coli



Salmonella



Campylobacter

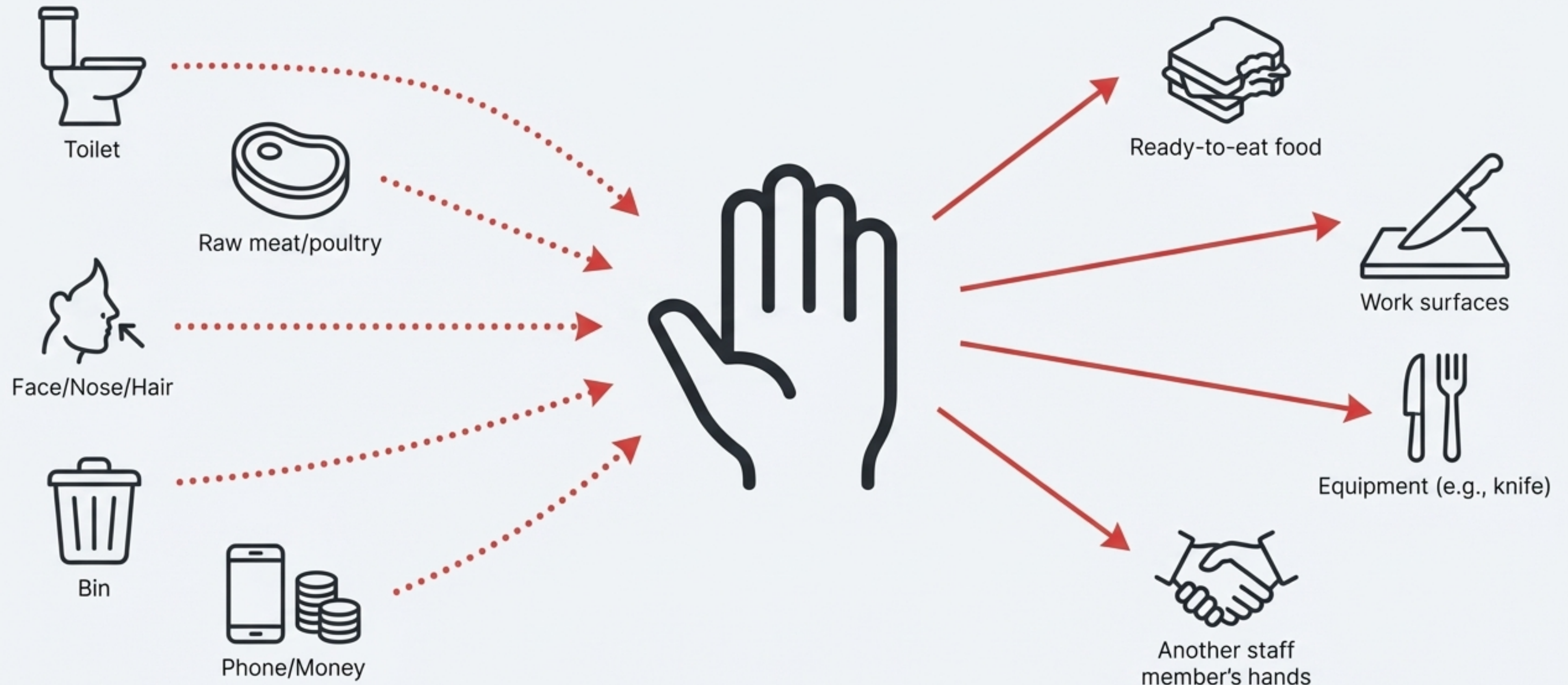


Norovirus



A food handler uses the toilet, doesn't wash their hands properly, then prepares a sandwich. Germs are transferred directly to ready-to-eat food.

The Journey of a Germ: Cross-Contamination



We Protect the Most Vulnerable

For some customers, food poisoning isn't just an inconvenience. It can lead to serious illness or hospitalization. Our diligence is their protection.



Poor Hygiene is a Threat to Your Business

The consequences of failure are severe and can destroy a business.
This is a legal requirement under UK law.

- ✗ Food poisoning outbreaks
- ✗ Low food hygiene ratings
- ✗ Enforcement action or prosecution
- ✗ Loss of reputation and customers



“Under UK law, ‘I forgot’ is not a defence.”

The Simple Shield: Your Professional Technique

The most powerful defense against this invisible threat is a simple, precise, and non-negotiable action. It's not just washing; it's a technique you master.



Critical Moments of Defense: When You MUST Wash



Before starting
food prep



After using
the toilet



After handling raw
meat, poultry, or fish



Before handling
ready-to-eat food



After touching face,
hair, or nose



After cleaning or
handling waste



After eating,
drinking, or smoking



After handling
money or phones

If in doubt – wash your hands.

Mastering the Method (Steps 1-5)

1



Use warm running water.

2



Apply liquid soap.

3



Rub palms together.

4



Clean between fingers.

5



Clean backs of hands.

Mastering the Method (Steps 6-10)

6



Clean thumbs.

7



Clean fingertips
and nails.

8



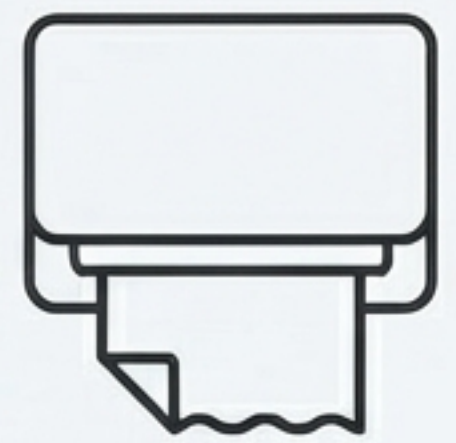
Wash for at least
20 seconds.

9



Rinse thoroughly.

10



Dry using
disposable
paper towels.

Tools and Traps: Beyond Washing

Proper technique is essential. These are not replacements for hand washing.



Myth

Hand sanitiser is enough.

Fact

It does not replace hand washing in a kitchen.



Myth

Gloves keep hands clean.

Fact

They do not replace hand washing. Gloves can spread contamination if hands are dirty underneath.



Best Practice

Cuts must be covered with blue, waterproof plasters.

Two Choices. Two Outcomes.

GOOD PRACTICE

A food handler handles raw chicken, then washes hands correctly before preparing a salad.

- ✓ Risk controlled
- ✓ Legal compliance
- ✓ Safe food






POOR PRACTICE

A food handler handles raw chicken, wipes hands on an apron, then prepares a salad.

- ✗ High risk of food poisoning
- ✗ Cross-contamination
- ✗ Potential enforcement action

An Inspector's Red Flags

Many businesses fail inspections due to these simple, high-risk errors.

-  Rinsing hands without soap
-  Washing too quickly
-  Not drying hands properly
-  Using cloth towels instead of disposable ones
-  Blocked or inaccessible hand washing sinks

You Are the Guardian of Food Safety



Every time you wash your hands correctly, you are not just following a rule.

You are actively protecting your customers, your colleagues, and the reputation of your business. Your diligence is the most important ingredient.

Clean Hands:
Protect People.
Protect Your Business.
It's that simple.