



Division of Hotels & Restaurants
Florida Department of
Business and Professional Regulation
www.myfloridalicense.com

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.