

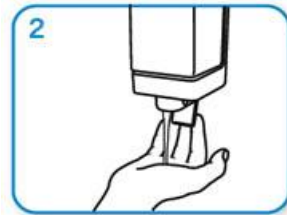
# Food Safety... It's in Your Hands

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



**1**

You must start at a hand washing sink, NOT a food prep sink.



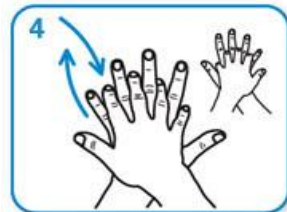
**2**

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.