



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

# Food Safety .... It's in YOUR Hands!



**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.

**8**

Use an approved hand sanitizing solution before handling ready-to-eat foods.



UNIVERSITY OF  
FLORIDA