

Quick Fire Quiz - Hand Hygiene

Name

Date

Q1. What is your main responsibility as a food handler?

To prevent food from becoming contaminated as this is harmful to health.

Q2. Give an example of how your hands could act as a vehicle to contaminate food.

Coughing on your hand and then handling food or touching raw meat then touching cooked meat.

Q3. Name three occasions when you would need to wash your hands.

After going to the toilet, putting the refuse out, cleaning duties, handling different types of foods, before entering the food room, before you start work.

Q4. Why is good quality, mild and unperfumed soap important in a food environment?

Washing hands frequently may lead to chapped, cracked hands. Mild soap leads to fewer skin infections due to dried out hands, reducing the likelihood of contaminating food and surfaces. Unperfumed soap will not taint food.

Q5. What areas are important to wash thoroughly and why?

Under the nails, around the wrists, and between the fingers. These areas harbour food and bacteria.

Q6. Why is it important to touch the soap dispenser as little as possible?

It is a hand contact surface which may spread bacteria.

Q7. What does cost-in-use mean?

Cost-in-use includes all costs associated with using a product: the cost of the product, the amount required for effective use, the amount of time using the product, the servicing cost, wastage.

Q8. How does a good quality paper towel contribute to good hand hygiene?

Good, fast absorption to effectively remove moisture where harmful bacteria can multiply.

Q9. What is important to remember when obtaining your towel from the dispenser?

Only take the amount of towels needed to dry the hands thoroughly. Only touch the towel you use. Touch the dispenser as little as possible.

Trainer Name

Trainer Signature

