



Texas Department of State  
Health Services

## Preventing Contamination from Hands

Food establishment minimize bare hand contact with ready to eat foods by either wearing single use gloves or by following the listed procedures: **APPROVAL FROM YOUR REGULATORY AUTHORITY IS REQUIRED**

**Documentation** must be maintained at the food establishment that food employees contacting ready to eat foods with bare hands utilize **TWO (2) or MORE** of the following **Control Measures**:

- o Double Hand washing
- o Nail Brushes
- o Use of Hand Sanitizer after hand washing
- o Incentive programs that assist or encourage food employees not to work when they are sick; or
- o Other control measures approved by the Regulatory Authority



Documentation must be held at the food establishment that includes training for employees and that document corrective actions taken when the policies are not followed.

**In addition, all food items that will be touched by bare hands must be listed on documentation.**

*EX: ' Firm A workers will use the following two barrier method double hand washing and using a Nail Brush when practicing bare hand contact with the following ready to eat foods: burger buns, lettuce, tomatoes, onions, pickles, cheese, etc. '*

Food employees may contact exposed, ready-to-eat food with their bare hands if the establishment **does not serve a highly susceptible population AND meets the above requirements and the following:**  
**Food workers acknowledge receiving training on:**

- a. Proper hand washing
- b. When to wash
- c. Where to wash
- d. Proper fingernail maintenance
- e. Risks of bare hand contact
- f. Good hygienic practices
- g. Employee health policies (including exclusions  
And restrictions)
- h. Jewelry prohibition



### When should you wash your hands?

Before and after preparing food

After using the toilet

After handling garbage

After handling an animal or animal waste

Before and after eating food

Before and after tending to someone who is sick

Before and after treating a cut or wound

After blowing your nose, coughing, or sneezing