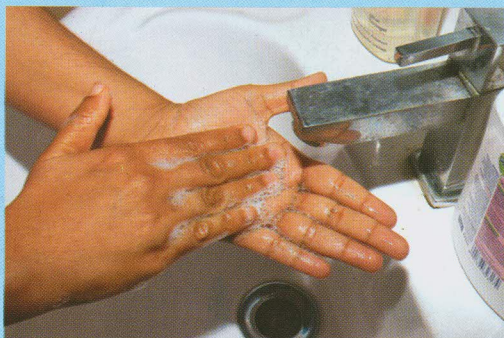


**Thoroughly wash hands
and surfaces often**

**Proper hand washing can eliminate
food borne illnesses to a great extent**



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Hygiene & Sanitation in Seafood Processing

WASH YOUR HANDS PROPERLY!



Under the project
"FOOD SAFETY INTERVENTIONS FOR WOMEN
IN FISHERY BASED MICRO ENTERPRISES
OF COASTAL KERALA"



ICAR - CENTRAL INSTITUTE OF FISHERIES TECHNOLOGY



(Indian Council of Agricultural Research)

Matsyapuri P.O., Willingdon Island, Cochin - 682 029, India

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New Delhi - 110016

Hygiene & sanitation in seafood processing

Seafood handlers are expected to wash their hands properly to prevent food contamination.

When to wash hands?

- Before & after food handling
- After using toilet
- After smoking, coughing, sneezing etc
- Before & after eating, drinking etc
- After visiting patients
- After fingering on ear, nose, mouth, hair, scalp etc
- After using handkerchiefs
- After touching pets

More
sensitive
& less
sensitive
areas of
hand
washing



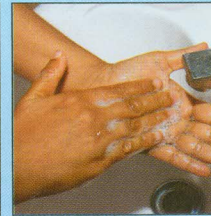
- Areas most frequently missed during hand washing
- Less frequently missed
- Not missed

Source: www.ttsh.com.sg

Hand washing procedure as per WHO guidelines



1st Step
(Wet hands with clean water & Apply enough soap)



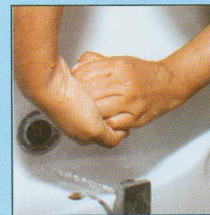
2nd Step
(Rub hands palm to palm)



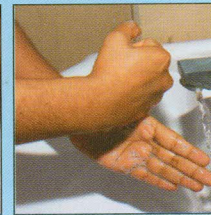
3rd Step
(Rub the back of both hands with interlaced fingers)



4th Step
(Palm to palm with fingers interlaced)



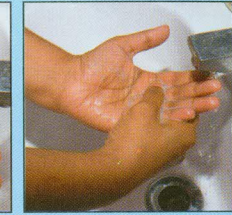
5th Step
(Back of fingers to opposing arms)



6th Step
(Rotational rubbing of thumbs)



7th Step
(Rotational rubbing of fingertips on palms)



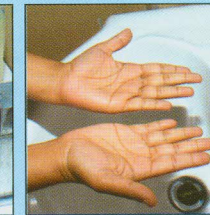
8th Step
(Rinse hands thoroughly with clean water)



9th Step
(Dry hands thoroughly with a clean towel)



10th Step
(Use towel to turn off faucet)



11th Step
(Clean hands = safe hands)

Hands often act as vectors in seafood borne illness. Hand hygiene is a cost effective, important strategy to prevent the risk of infection.

Hand hygiene tips:

- Wash hands properly
- Never work with open wounds
- Avoid Nail polish, tattoos, henna etc., on hands
- Avoid Jewelry
- Cut nails properly
- Wear gloves if possible