



HEY, HAAS!

FREE TRAINING TEMPLATE

Restaurant Handwashing Procedure

The correct handwashing sequence for food service — when to do it, how to do it, and how to confirm it was done right.

5 Steps

Food Safety Procedure

Demonstrate to Sign Off

THE PROCEDURE — IN ORDER

- ☐ **01 Wet hands under warm running water**
Water temperature should be warm — not cold (ineffective) and not scalding. Wet both hands fully before applying soap.
- ☐ **02 Apply soap and lather for at least 20 seconds**
Use enough soap to create a full lather. Cover the backs of hands, between fingers, and under nails. The 20-second minimum is non-negotiable — use the time to ensure full coverage.
- ☐ **03 Scrub all surfaces thoroughly**
Scrub palms, backs of hands, between each finger, and under fingernails. This is the step most people cut short. Under-nail bacteria is a significant contamination risk.
- ☐ **04 Rinse completely under running water**
Rinse until all soap is removed. Soap residue left on skin can cause irritation and reduces compliance over a shift.
- ☐ **05 Dry with a single-use paper towel**
Air drying is not acceptable in food service — it recontaminates. Use a single-use paper towel. Use the towel to turn off the tap and open the door to avoid recontamination.

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This free template shows the core steps. The complete checklist, trainer scorecards, and live sign-off tracking are built into the Hey, Haas! app. [Start free at heyhaas.com →](https://heyhaas.com)

TRAINEE NAME

TRAINER NAME

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DATE CLEARED

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Sign only when all items complete

MM / DD / YYYY

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