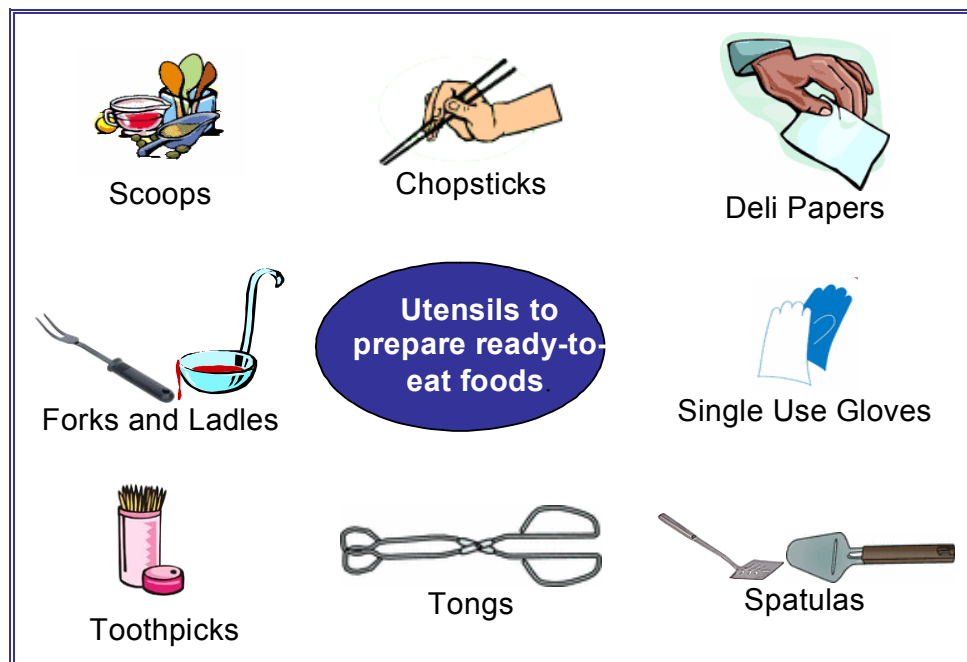


DRAFT June 2009

# *BARRIERS TO BARE HAND CONTACT*



**Thank you again for your efforts and focus on Food Safety and support of the Barriers to Bare Hand Contact.**

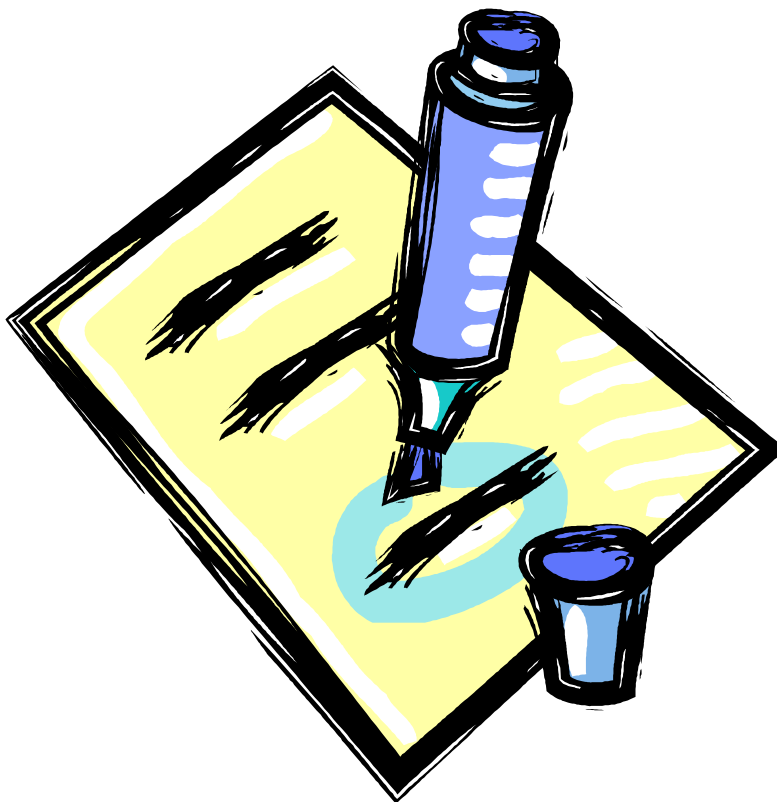
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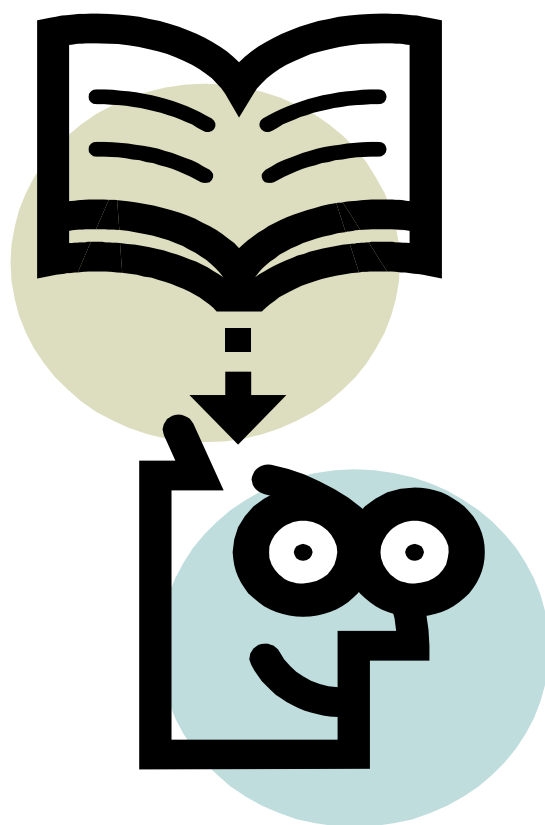
# *Introduction*

The Barriers to Bare Hand Contact Training Manual has been developed to be used as a teaching and training tool for consumers, industry, and regulatory to demonstrate the industry's best practices regarding bare hand contact barriers and alternatives to bare hand contact.

A Power Point presentation is also available location to be used for teaching purposes?



# *Bare Hand Contact Reference Material*



## **SECTION 1 – SINGLE USE GLOVES**

***(ADD GLOVE PICTURE)***

### **Section 1.1 – When Should a Food Worker Use single use gloves**

1. The correct use of glove barriers for certain food handling tasks, single-use gloves can be an effective barrier against the transmission of microorganisms, such as bacteria & viruses, from fingertips or foods
2. Handwashing is a primary barrier to cross contamination; barrier utensils & gloves are a secondary barrier
3. Single-use gloves are defined as a “utensil” in the FDA Food Code
4. Glove barriers work when handling any ready-to-eat food and another utensil does not provide the hand dexterity for the task (example: slicing carrots or celery). One glove may work on one hand with a utensil used by the other hand.

### **Section 1.2 – Gloves must be worn when:**

1. If you have a bandage, infection, cut or sore on hands or arms and avoid direct food handling duties temporarily.
2. When food workers wear artificial nails or fingernail polish must wear disposable gloves when handling food.
3. Glove use is optional to handle raw meats, but can be used for preparation tasks such as breading/battering meats, poultry, seafood, or vegetables

### **Section 1.3 – Glove Barriers Must be task specific**

1. Use gloves for designated food task only. Disposable gloves are task-specific and should never be worn continuously
2. Gloves designated for food use should not be used for non-food tasks, such as taking out the garbage, handling money, cleaning surfaces, etc.
3. Use vinyl, nitrile synthetic, or latex gloves when handling foods near a heat source cooking area, rather than poly (polyethylene) gloves, which are not resistant to heat.

### **Section 1.4 – Avoid Cross contamination by washing hands and changing gloves**

1. If you handle raw meats, poultry, or seafood with gloves on, do not touch ready-to-eat or cooked foods without washing hands and changing gloves.
2. Remove or change gloves when you change activity (from making sandwiches to making change) or whenever you leave your workstation; wash hands in between before re-gloving.
3. Consider using task-specific colored gloves for cross contamination prevention.

### **Section 1.5 – Glove Change Frequency**

1. Change gloves periodically and wash hands each time before & after gloving.
2. After handwashing, dry hands thoroughly before donning gloves to make them easier to slip on
3. Base the frequency of glove changing on TASK changes.
4. Remove gloves if doing different task not handling ready-to-eat foods (RTE)
5. Change gloves to handle a raw food or different raw species (raw chicken to raw beef);
6. Change gloves to handle another RTE food that might transfer a flavor or food allergen)
7. Wash hands and re-glove if a glove develops a hole or tear during usage.
8. Change gloves after sneezing, coughing, or touching your hair or face.

### **Section 1.6 – Four Common Glove Materials**

1. Poly Gloves
2. Latex Gloves
3. Vinyl Gloves
4. Nitrile Gloves

### **Section 1.7 – Glove Size**

1. Glove size is important for safety and comfort.
2. Select the right size for your hand— from small to extra large.
3. Poly, Vinyl, Latex, & Nitrile usually come in 4 or 5 sizes – Small, Medium, Large, X or XX-Large
4. Glove sizes are measured across the widest part of the palm as shown.

### **Section 1.8 – Avoid Cross Contamination with Cut Resistant Gloves**

1. If wearing a cut-resistant glove to cut or handle raw or ready-to-eat food, wear a larger disposable glove over top to avoid cross-contamination of the reusable cut-resistant glove.
2. Wash, rinse & sanitize the cut-resistant glove between uses.

### **Section 1.9 – Glove Removal**

1. To remove disposable gloves correctly, grasp at the cuff and peel them off inside-out.
2. DO NOT remove and re-use gloves OR re-wash single-use food contact gloves for multiple tasks.

### **Section 1.10 – Selecting the Right glove for the Right Job**

1. TASK SPECIFIC usage & qualities-- not time specific

2. Overall durability—Nitrile & Latex for durability for longer single tasks. Vinyl & Polyethylene for shorter general food handling tasks
3. Light duty tasks " to high dexterity & durability (loose fit polyethylene vs. form fitting)
4. Texture on gloves for grip, tactile sensitivity or comfort
5. Powdered or powder-free
6. Color-coded for cross-contamination prevention & visibility when handling foods
7. Heat resistance around cooking equipment
8. Cuff length extended (elbow length)
9. Dispensing -- station based for one quick use or location for RTE food handling & handwashing
10. Cost

### **Section 1.11 – Powdered or Powder Free Glove Barriers**

1. Powder makes gloves easier to put on & absorbs perspiration, but some users prefer no powder
2. Level of donning powder (if used)
  - *Powdered gloves* do not exceed 120 mg per glove (vinyl, nitrile, latex)
    - USP (United States Pharmacopoeia) Monograph for sterile Absorbable Dusting Powder
    - Acts as a donning lubricant
    - Must be minimal
    - No talc or unsterilized powders
  - *Powder-free gloves* (vinyl, nitrile, latex)
    - Contain no more than 2 mg trace powder per glove
    - Some form-fit gloves are polyurethane coated or washed in chlorine to eliminate powder
    - Poly gloves contain no powder

### **Section 1.12 – Basic Poly or Cast Poly Gloves**

1. “Basic seamed poly” glove –film extruded known as “blown polyethylene” & can be white, opaque, or colored. Usually a loose fit. Less dexterity than form-fit gloves. Do not contain powder. Seamed on the edges.
2. “Cast poly” has a better fit & softer feel than basic blown poly. Easier to slip on & sometimes textured for better grip.
3. Light duty, short tasks & not best for cooking areas (approx. melt point 200 degrees F.)
4. Lowest cost for all poly types



5. Elbow length gloves are for special light duty tasks requiring arm length reach or deep containers

### **Section 1.13 – Rapid Dispensing or Short Task Poly Gloves**

1. Loose fitting gloves are also designed in fingered glove or a mitt with unique dispensing systems to enable quick one-handed donning
2. For single tasks that require frequent glove changing in a fast-paced
3. environment. Applications may only use one glove
4. Seamed edge glove
5. HDPE is more heat-resistant (different resin) than LDPE (200°F vs. 240°F for HDPE), but *not best for hot food tasks*
6. Low cost

## **SECTION 2 - SCOOPS, SPOONS, AND LADLES**

(Add Picture)



### **Section 2.1 – When Should a Food Worker Use Spoons, Scoops, and Ladles**

1. Spoons, scoops and ladles are used by foodhandlers, servers and customers when preparing, portioning or serving liquid or solid food.

2. The construction and design of the food contact surface should follow FDA Food Code requirements in section 4-201.11 and be durable and able to retain the characteristic qualities under normal conditions.
3. All utensils should be washed, rinsed, sanitized and air dried between uses and at least every 4 hours when being used.
4. When there are pauses in the preparation, portioning or serving of food. in-use utensils must be stored in a manner to prevent bacterial growth such as in the food, in a clean and protected environment, or under running water at a minimum temperature of 135F.
5. In-use utensils may not be stored in chemical sanitizer or ice.

### **Section 2.2 – Using Scoops**

1. Scoops are available in many different sizes and are an ideal utensil for portion control.
2. When using a scoop with a release trigger prevent the release trigger from touching the food. This prevents pathogens from the hand transferring to the food.
3. Scoops can be used with or without the use of other barriers. Scoops are a practical alternative to handling food with bare hands in many situations.  
Scoops may be used as a stand alone tool or in conjunction with another barrier such as gloves.

### **Section 2.3 – Using Spoons**

1. Spoons typically have no predetermined serving size or shape.
2. When using spoons for tasting, the spoon used for tasting must only be used once. Disposable or single serving utensils can be used for this task.
3. Improper use of tasting spoons can lead to foodborne illness.
4. Spoons can be used with or without the use of other barriers. Spoons are a practical alternative to handling food with bare hands in many situations.
5. Spoons may be used as a stand alone tool or in conjunction with another barrier such as gloves.

### **Section 2.4 – Using Ladles**

1. Ladles are available in many different sizes and are an ideal utensil for portion control.
2. Ladles can be used with or without the use of other barriers. Ladles are a practical alternative to handling food with bare hands in many situations.
3. Ladles may be used as a stand alone tool or in conjunction with another barrier such as gloves.

## **SECTION 3 – SPATULAS**



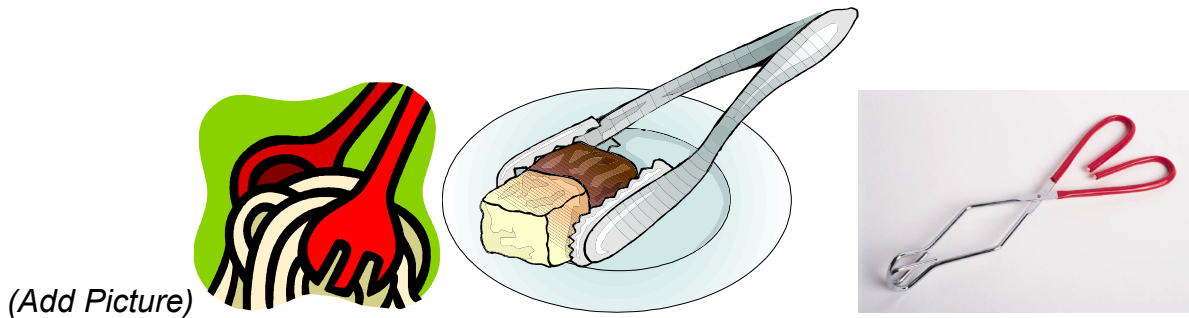
### **Section 3.1 – When Should a Food Worker Use Spatulas**

1. Spatulas are used to stir, scoop, spread, or lift food by foodhandlers, servers and customers.
2. The construction and design of the food contact surface should follow FDA Food Code requirements in section 4-201.11 and be durable and able to retain the characteristic qualities under normal conditions.
3. All utensils should be washed, rinsed, sanitized and air dried between uses and at least every 4 hours when being used.
4. When there are pauses in the preparation, portioning or serving of food. in-use utensils must be stored in a manner to prevent bacterial growth such as in the food, in a clean and protected environment, or under running water at a minimum temperature of 135F.
5. In-use utensils may not be stored in chemical sanitizer or ice.

### **Section 3.2 – Using Spatulas**

4. Find a spatula that works best for the task. There are generalized and highly adapted designs widely available.
5. Spatulas should be dedicated to a specific task.
6. Spatulas can be used with or without the use of other barriers. Spatulas are a practical alternative to handling food with bare hands in many situations.
7. Spatulas may be used as a stand alone tool or in conjunction with another barrier such as gloves.

## SECTION 4 – TONGS



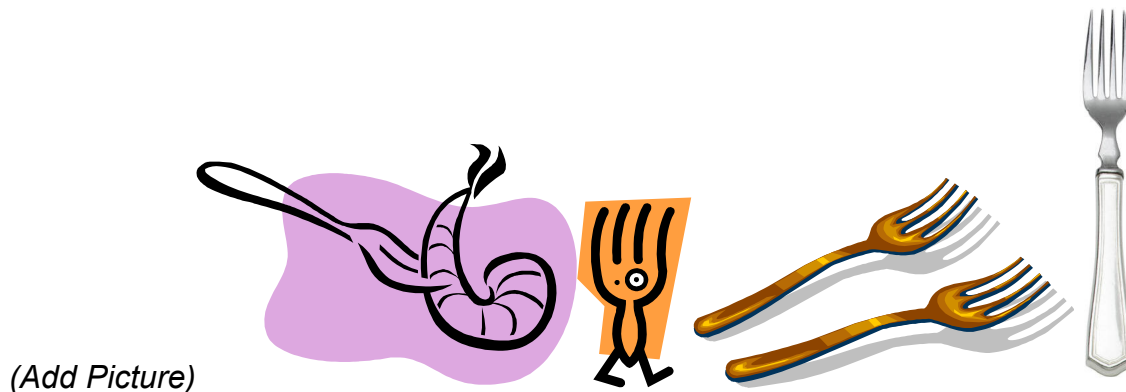
### Section 4.1 – When Should a Food Worker Use Tongs

1. Tongs are used by foodhandlers and servers to grip or lift food, to move a food from one location to another during preparation or service and to rotate food during cooking, especially during grilling.
2. The construction and design of the food contact surface should follow FDA Food Code requirements in section 4-201.11 and be durable and able to retain the characteristic qualities under normal conditions.
3. All utensils should be washed, rinsed, sanitized and air dried between uses and at least every 4 hours when being used.
4. When there are pauses in the preparation, portioning or serving of food, in-use utensils must be stored in a manner to prevent bacterial growth such as in the food, in a clean and protected environment, or under running water at a minimum temperature of 135F.
5. In-use utensils may not be stored in chemical sanitizer or ice.

## **Section 4.2 - Using Tongs**

1. Tong are a practical alternative to handling food with bare hands in many situations.
2. Find a tong that works for the task. There are generalized and highly adapted designs widely available.
3. Specific tongs are desiged for picking up items such as sugar cubes, asparagus, shredded cheese, ice, salad, spaghetti, hamburgers, fish bones, melon balls, bagels, cooked crabs, garnishes and tea bags.
4. Tongs should be dedicated to a specific task.
8. Tongs can be used with our without the use of other barriers. Tongs are a practical alternative to handling food with bare hands in many situations.
9. Tongs may be used as a stand alone tool or in conjunction with another barrier such as gloves.

## **SECTION 5 – FORKS**



### **Section 5.1 – When Should a Food Worker Use Forks**

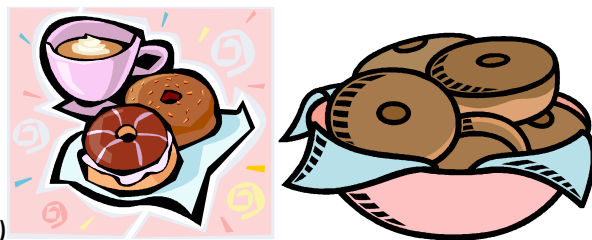
1. Forks are used by foodhandlers and servers to grip or lift food, to move a food from one location to another during preparation or service, to rotate food (while grilling for instance) during preparation and to hold or grip a roast on a meat carving station.

2. The construction and design of the food contact surface should follow FDA Food Code requirements in section 4-201.11 and be durable and able to retain the characteristic qualities under normal conditions.
3. All utensils should be washed, rinsed, sanitized and air dried between uses and at least every 4 hours when being used.
4. When there are pauses in the preparation, portioning or serving of food. in-use utensils must be stored in a manner to prevent bacterial growth such as in the food, in a clean and protected environment, or under running water at a minimum temperature of 135F.
5. In-use utensils may not be stored in chemical sanitizer or ice.

### **Section 5.2 - Using Forks**

1. Forks are a practical alternative to handling food with bare hands in many situations.
2. Forks should be dedicated to a specific task.
3. Forks designed and intended for single-use only must be discarded after each use.
4. Forks can be used with or without the use of other barriers. Forks are a practical alternative to handling food with bare hands in many situations.
5. Forks may be used as a stand alone tool or in conjunction with another barrier such as gloves.

## **SECTION 6 – DELI PAPERS**



(Add Picture)

### **Section 6.1 – When Should a Food Worker Use Deli and Bakery Wrap**

1. Deli and Bakery Wrap are used by foodhandlers, servers/wait-staff and customers to provide a sanitary barrier between the bare hand and food.

### **Section 6.2 – Selecting Bakery or Deli Wrap**

1. Operators or purchasing agents must ensure all wrap components are in compliance with the FDA, Title 21, CFR 177.1520
2. Sheets are manufactured in accordance to GMPs.
3. Manufacturers of food contact wraps or sheets must demonstrate that all components are safe for use and do not leech components or toxic elements onto the food.
4. MSD Sheets should be available to document wrap components and confirm compliance to federal regulations.
5. Sheets can be purchased in a variety of sheet sizes and packages from any restaurant or foodservice supply vendor.
6. Wrap can be dry waxed or without wax. Dry wax will absorb some liquid and prevent the seeping of product liquid onto the hands.
7. Dispensing packages should be well made to prevent contamination of the sheets from external debris and permit easy access to the sheet.
8. Sheets can be purchased in a variety of sheet sizes and packages from any restaurant or foodservice supply vendor.
9. Food service operators should select wrap based on intended purpose.

### **Section 6.3 – Using Deli and Bakery Wrap**

1. Sheets should be dispensed one at a time without tearing or contaminating the remaining sheets.
2. If sheets are used as the primary barrier, foodhandlers should discard used sheets immediately after use. Sheets should not be reused or remain with the food.
3. Store the dispensing container in a location to prevent cross contamination from other food or debris.

## SECTION 7 – CHOPSTICKS

(Add

Picture)



### **Section 7.1 – When Should a Food Worker Use Chopsticks**

1. Chopsticks are usually used by consumers for eating but foodhandlers may use chopsticks to move food from one location to another during preparation or service.
2. The construction and design of the food contact surface should follow FDA Food Code requirements in section 4-201.11 and be durable and able to retain the characteristic qualities under normal conditions.
3. All utensils should be washed, rinsed, sanitized and air dried between uses and at least every 4 hours when being used.
4. When there are pauses in the preparation, portioning or serving of food, in-use utensils must be stored in a manner to prevent bacterial growth such as in the food, in a clean and protected environment, or under running water at a minimum temperature of 135F.
5. In-use utensils may not be stored in chemical sanitizer or ice.



## **Section 7.2 - Using Chopsticks**

1. Chopsticks may be an alternative to handling food with bare hands.
2. Chopsticks should be used for a specific task specific.
3. Chopsticks constructed to be a multi-use item must be washed, rinsed & sanitized between different tasks.
4. Chopsticks designed and intended for single-use only must be discarded after each use.
5. Chopsticks may be used as a stand alone tool or in conjunction with another barrier such as gloves.

## **SECTION 8 – TOOTHPICKS**

*(Add Picture)*

### **Section 8.1 – When Should a Food Worker Use Toothpicks**

1. Toothpicks are typically used by foodhandlers to prevent bare hand contact with ready-to-eat foods such as hors d'oeuvres, but toothpicks are also used to hold stacked/layered sandwiches or other items together and/or upright.
2. The construction and design of the food contact surface should follow FDA Food Code requirements in section 4-201.11 and be durable and able to retain the characteristic qualities under normal conditions.
3. All utensils should be washed, rinsed, sanitized and air dried between uses and at least every 4 hours when being used.

### **Section 8.2 - Using Toothpicks**

1. Toothpicks should be placed in food, by staff, prior to service or presented/provided to consumer in a manner that will prevent possible contamination of the food contact portion of the toothpick, such as, upright in a small/slender glass or container.
2. Toothpicks are usually designed to be single-use item and must be discarded after use.

3. If designed to be multi-use, toothpicks must be washed, rinsed & sanitized between tasks.

# *Frequently Asked Questions*

This section can be used to address common questions that occur ?



# *Appendix / Tools*



# References

## **2005 Model Food Code sections applicable to Barriers to Bare Hand Contact.**

### **1-2 DEFINITIONS**

1-201 – Applicability and Terms Defined

Ready-to-Eat Food

Utensil

### **2-3 PERSONAL CLEANLINESS**

2-301 Hands and Arms

2-301.11 Clean Condition Fingernails (refers to glove use)

2-301.12 Cleaning Procedure

2-301.14 When to Wash (refers to glove use)

2-301.15 Where to Wash

### **3-3 PROTECTION FROM CONTAMINATION AFTER RECEIVING**

Preventing Contamination by Employees

3-301.11 Preventing Contamination from Hands (refers to deli tissue, spatulas, tongs, single-use gloves, or dispensing equipment)

3-301.11(B) Preventing contamination from hands

### **PREVENTING CONTAMINATION FROM EQUIPMENT, UTENSILS, AND LINENS**

3-304.11 – Food Contact with Equipment and Utensil

3-304.12 In-use utensils, between-use storage

3-304.15 – Gloves, Use Limitation

3-304.16 Using clean tableware for second portions and refills

3-502.12 Reduce oxygen packaging, criteria

3-502.12(B) (5)(a) (prohibits bare hand contact)

3-801.11 Pasteurized Foods, prohibited re-service and prohibited food

3-801.11(F)(3)(b) (prohibits bare hand contact)

### **4-1 MATERIALS FOR CONSTRUCTION AND REPAIR**

Single-Service and Single Use

4-101.17 Wood, use limitations

4-102.11 Characteristics (single-service and single use)

4-102.11 Characteristics

4-2 Design and Constructions

4-201.11 Equipment and utensils

4-205.10 Food Equipment, certification and classification

4-302.11 Utensils, consumer self-service

4-502.11 Single-service and single-use, required

4-502.13 Single-service and single-use, use limitations

4-6 Cleaning of Equipment and utensils

4-7 Sanitization of equipment and utensils  
4-9 Protection of clean items

**4-9 PROTECTION OF CLEAN ITEMS**

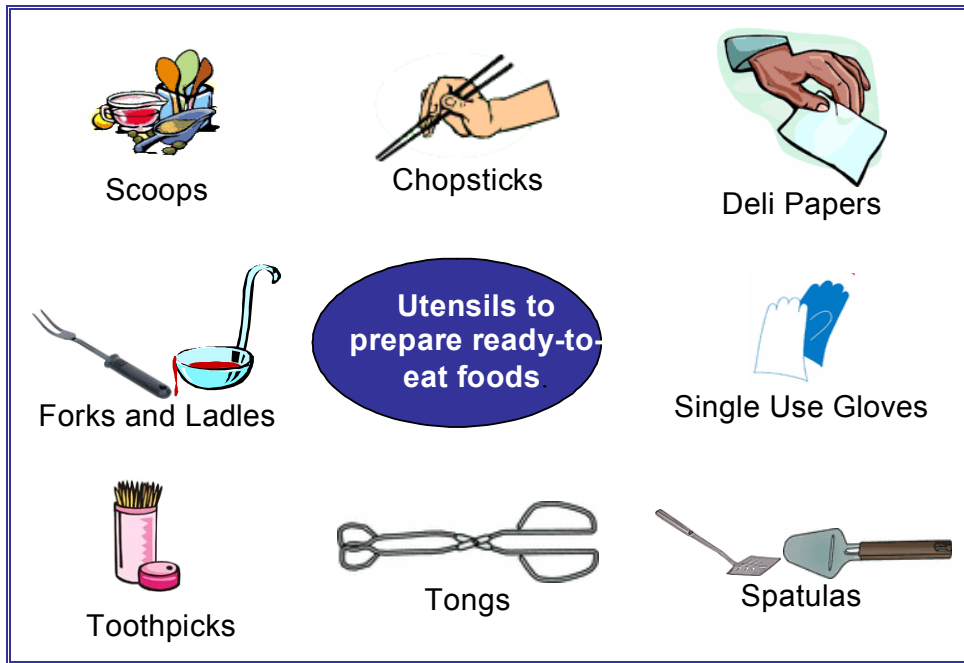
Storing

4-903.11 – Equipment, Utensils, Linens, and Single Service and Single Use Articles

Annex 3: Public Health Reasons/Administrative Guidelines:

Each Code Section will have back ground information or guidance in this Section of the Food Code.

# Presentation



FUCBU utensil barrier  
power point Revised .