



Lincoln-Lancaster County Health Department

THE TAKE 20! PROJECT

GOAL OF THE PROJECT AND USE OF TAKE 20!

The “*Take 20!*” strategy is the result of the efforts of the Food Managers for Excellence Task Force and the Lincoln-Lancaster County Health Department (LLCHD). The task force selected **handwashing** as the most critical food safety practice to address, and developed the “Take 20!” handwashing campaign to influence food handlers to take 20 seconds to wash their hands.

Research has shown that on average kitchen workers should be washing their hands from 8-12 times per hour, but handwashing typically occurs at far lower rates among food handlers. How is it in your kitchen? “*Take 20!*” is a slogan that is intended to be used by managers and co-workers as a non-confrontational reminder to take 20 seconds and wash your hands.

PROJECT DESCRIPTION

This project is important to help restaurants influence their employees to improve their handwashing practice with the use of the “Take 20!” phrase, handwashing topic posters, and Glo Germ activities. To assist with the education of proper hand washing, the LLCHD’s Take 20!” Project will provide visual tools to participating restaurants. These visual tools include Glo Germ powder, a black light, and a series of posters to assist with cues to remind staff about regular handwashing.

By combining the “Take 20!” slogan with a weekly review of why we wash hands and a series of rotating posters for visual cues, your restaurant can increase the safety of the food you are serving and the health of your employees.

STEP #1: TRAINING YOUR STAFF ON TOPIC SPECIFIC POSTERS (WEEKLY)

SUGGESTED STEP-BY-STEP POSTER TRAINING

1. Hold a meeting with your food establishment staff.
 2. Encourage staff to use the “Take 20!” phrase to hold each other accountable for proper hand washing.
 3. Discuss the theme of the week’s topic poster (e.g. wash your hands after using the restroom, touching your cell phone, working with raw meat, etc.) and the educational tips provided on each week’s training handout.
 4. Review how to properly wash hands (refer to the Handwashing steps poster for proper technique).
 5. Complete Glo Germ activity based on the week’s topic.
 6. After training, hang posters in visible locations in the kitchen.
 7. Keep the topic poster up until the new topic poster is hung the following week.
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STEP #2: TRAINING YOUR STAFF ON PROPER HAND WASHING

SUGGESTED STEP-BY-STEP HANDWASH TRAINING

1. Have staff rub a small amount of Glo Germ powder on front and back of their hands.
 2. Turn on the black light to show staff how many “germs” are currently on their hands.
Glo germ powder does not contain germs—only simulates them!
 3. Have the staff wash hands properly for 20 seconds and dry hands with paper towel.
 4. Hold freshly washed hands under black light once again and discuss findings with staff. Where are there traces of Glo Germ powder? (Between fingers, around fingernails, and wrists are common.)
 5. Discuss frequency of hand washes needed (8-12 every hour) and the most important times to wash hands.
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For questions, contact Phil at the Lincoln-Lancaster County Health Department at 402-441-6222 or email: Take20@lincoln.ne.gov

