

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Video 1 – Personal Hygiene

### Quiz questions

1. Why is good hand hygiene important?

- a. To limit cross-contamination and to prevent the spread of germs to others
- b. To prevent nail polish from chipping
- c. To save on the cost of gloves
- d. To keep skin very dry and increase hand lotion sales

2. When should you wash your hands? (Circle all that apply)

- a. After using the restroom
- b. Upon entering the kitchen
- c. Before putting on gloves
- d. After taking off gloves

3. What is the procedure for washing hands?

- a. Lather up with soap, rinse, turn off tap, dry with towel
- b. Wet hands, lather with soap for 20 seconds, rinse, dry with paper towel, turn off tap with towel.
- c. Wet hands, dry hands, apply sanitizer gel
- d. Wet hands, lather with soap for five seconds, rinse, shake hands dry

4. When can you handle food with your bare hands?

- a. Never, according to the new CMS rule (use deli paper, use tongs)
- b. When touching food for less than five seconds
- c. When it is raw and will be cooked
- d. When it is still frozen

5. Which is a correct step in changing gloves?

- a. Grab a glove from box, blow into it, put hand in
- b. Hold glove from the cuff, peel off, keeping soiled part inside
- c. Pull each finger tip off one at a time
- d. Carefully put on two pairs of gloves, peel top glove off when it gets dirty

Answer key:

1. a
2. a,b,c,d
3. b
4. a
5. b