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