# ALLERGEN HANDWASHING VALIDATION

## A step-by-step guide how to validate handwashing

STEP 1

### Spike hands

Apply a small amount of allergen-containing material to the hands, or handle allergenic food directly.

STEP 2

### Swab spiked hands

Use a clean swab to collect a sample from the spiked hands. Swab hands thoroughly. This swab serves as your positive control.

STEP 3

### Wash hands

Wash hands thoroughly using your standard handwashing procedure (soap, warm water, rubbing, and drying).

STEP 4

### Swab clean hands

After washing, before sanitation, use a new swab to sample the hands again. Swab hands thoroughly.

STEP 5

### Test swabs for allergen residue

Analyse both swabs (from Step 2 and Step 4) using a suitable allergen testing method, i.e. laboratory testing, to determine if allergens remain after cleaning.

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