

# Hygiene Knowledge Quiz

## 1. By upholding the hygiene culture, you're helping to:

- a.) Protect consumer health
- b.) Ensure regulatory approval
- c.) Reduce environmental impacts
- d.) Build good customer relations
- e.) All of the above

## 2. How long should you scrub your hands for?

- a.) 10 seconds
- b.) 15 seconds
- c.) 20 seconds
- d.) 25 seconds
- e.) 30 seconds

## 3. Fingernails should always be:

- a.) Free of polish
- b.) Neatly trimmed close to fingers
- c.) Clean underneath the nail
- d.) A & C
- e.) All of the above

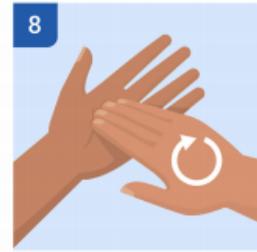
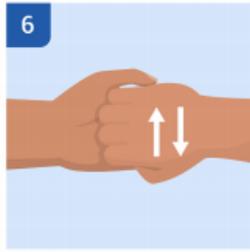
## 4. What can contaminate clean hands?

- a.) Picking up a dropped item off the floor
- b.) Tying shoelaces
- c.) Scratching your nose, face or head
- d.) A & C
- e.) All of the above



## 5. What are the 12 steps of handwashing?

Number the correct steps 1-12 below:



- Use the towel to turn off the faucet
- Rinse hands
- Rub hands palm to palm
- Lather the backs of your hands
- Apply soap
- Clean thumbs
- Rub the backs of fingers on the opposing palms
- Your hands are clean!
- Wash fingernails and fingertips
- Wet hands
- Scrub between your fingers
- Dry with a single use paper towel

## 6. What type of shoe tread is best for debris and pathogen removal?

- a.) Closed tread
- b.) Shallow tread
- c.) Wide tread
- d.) Open tread
- e.) A, B & C
- f.) B, C & D

## 7. Which of the following considerations are important to make when choosing your footwear?

- a.) Comfort
- b.) Safety
- c.) Tread
- d.) Brand
- e.) A, B & C
- f.) All of the above

## 8. In what order should the 5 main steps individuals should take when going through the core hygiene zone be conducted?

*Number the correct steps in chronological order from first (1) - to last (5) below:*

- \_\_\_ Personal protective equipment
- \_\_\_ Handwashing
- \_\_\_ Footwear donning and sanitation
- \_\_\_ Hand drying
- \_\_\_ Donning frocks and smocks

## 9. True or False? It is your responsibility to choose the right size frock or smock, check for damage and ensure all buttons, snaps and ties are secure before entering a production area.

- a.) True
- b.) False

## 10. If soap is out at your handwashing station, what should you do?

- a.) Wash hands without soap
- b.) Use another handwashing station
- c.) Get more soap for that station
- d.) Alert the production team leader
- e.) None of the above
- f.) All of the above

# Hygiene Knowledge Quiz Answer Key

## 1. By upholding the hygiene culture, you're helping to:

e.) All of the above

## 2. How long should you scrub your hands for?

c.) 20 seconds

## 3. Fingernails should always be:

e.) All of the above

## 4. What can contaminate clean hands?

e.) All of the above

## 5. What are the 12 steps of handwashing?



WET HANDS



APPLY SOAP



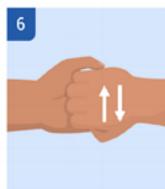
RUB HANDS  
PALM TO PALM



LATHER THE BACKS  
OF YOUR HANDS



SCRUB BETWEEN  
YOUR FINGERS



RUB THE BACKS OF  
FINGERS ON THE  
OPPOSING PALMS



CLEAN THUMBS



WASH FINGERNAILS  
AND FINGERTIPS



RINSE HANDS



DRY WITH A SINGLE  
USE TOWEL



USE THE TOWEL TO  
TURN OFF THE FAUCET



YOUR HANDS  
ARE CLEAN

11 Use the towel to turn off the faucet

9 Rinse hands

3 Rub hands palm to palm

4 Lather the backs of your hands

2 Apply soap

7 Clean thumbs

6 Rub the backs of fingers on the opposing palms

12 Your hands are clean!

8 Wash fingernails and fingertips

1 Wet hands

5 Scrub between your fingers

10 Dry with a single use paper towel

**6. What type of shoe tread is best for debris and pathogen removal?**

f.) B, C, and D



**7. What is important to consider when choosing your footwear?**

e.) A, B, and C

**8. What is the order of the 5 main steps that individuals should take when going through the core hygiene zone?**

- 3 Personal Protective Equipment
- 4 Handwashing
- 1 Footwear Donning and Sanitation
- 5 Hand Drying
- 2 Donning Frocks & Smocks



**9. True or False? It is your responsibility to choose the right size frock or smock, check for tears or other damage and ensure all buttons, snaps and ties are secure before entering production area**

a.) True

**10. If soap is out at your handwashing station, what should you do?**

d.) Alert the production team leader