

Unit 207: Food safety

Handout 2: Personal hygiene

It is the responsibility of **all** food handlers to maintain a high level of personal hygiene.

Many bacteria live on or in the body and as we use our hands continuously as we go about our daily lives, we can easily contaminate utensils, surfaces and food.

Care of the hands:

- nail polish or false nails should not be worn
- nails must be short and clean.

Hand washing must be carried out:

- before entering a food preparation area and touching food
- after eating
- after going to the toilet
- after handling raw meat, shellfish, poultry, eggs or vegetables
- after coughing or sneezing into your hand or a handkerchief
- after touching your face or hair
- after handling rubbish and cleaning.

Thorough hand washing using soap (preferably anti-bacterial) and hot water is necessary to ensure hands are clean before handling food. Drying hands is best done with disposable paper towels or a hot air blower.

Clothes

Clothes must always be freshly laundered. Where appropriate protective clothing must be worn including effective head covering and sensible footwear.

Illness

If you are unwell it is your responsibility as a food handler to report to your supervisor as some illnesses may prevent you from working with food.