



FOOD HANDLING: PERSONAL HYGIENE

INTRODUCTION

Food contamination due to personal hygiene happens when pathogens are passed from a person to food, surfaces, or objects. This can happen not only when employees have poor personal cleaning habits but even from something as small as touching your face during food prep.



HOW TO WASH HANDS

Employees should observe the following when washing their hands:

- Use water as hot as you can stand.
- Use enough soap to create a good lather.
- Wash hands and arms up to the elbow for 15 seconds.
- Clean between fingers, tips of fingers, and fingernails.
- Rinse arms and hands thoroughly afterward with warm water.
- Dry arms and hands using single-use paper towel or hand dryer. Do NOT dry using aprons or clothes.
- Turn off faucet and open bathroom door with single-use paper towel.
- Hand sanitizer and antiseptic is NOT a hand washing replacement.

WHEN TO WASH HANDS

Employees should wash their hands in the following cases:

- Before work
- After using restroom
- After touching your clothing, face, hair, or apron
- Before and after handling raw seafood, meat, or poultry
- After busing or cleaning a table
- After sneezing or coughing
- After taking out garbage
- After eating, drinking, smoking, or chewing gum or tobacco
- Applying cosmetics
- Touching animals
- Handling money
- Handling chemicals that might render food unsafe
- When returning to the kitchen-prep area after leaving
- Before putting on gloves
- After cleaning dishes
- After touching any other contaminants



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HAND WASHING STATION

A hand washing station must be available. It must always be stocked with single-use paper towels or blow dry station, soap, hot and cold water, and a trash can. Hand washing stations and sinks must only be used for hand washing and not any other uses such as food prep, dirty water disposal, or dish washing.

HYGIENE TIPS

Employees must observe the following hygiene standards:

- Keep fingernails trimmed short, clean, and filed.
- Nail polish and false nails should not be worn.
- Infected wounds on the hands or arms must be completely covered with a dry, durable, and tight-fitting bandage and glove.
- Bathe daily.
- Wear clean clothes.
- Wear a clean hat or head covering when prepping food or working in the prep area.
- Facial hair should be covered with beard restraint.
- Dirty aprons and uniforms cannot be stored in food prep or storage areas.
- Do NOT wear aprons when leaving food prep areas or to the restroom.
- Remove all medical bracelets, watches, and jewelry other than a plain band ring.
- Do NOT eat, drink, smoke, chew tobacco, or chew gum in prep area.

ILLNESS

Do NOT work if a doctor or licensed medical practitioner has diagnosed you with:

- Salmonella Typhi
- Nontyphoidal Salmonella
- Shigella SPP
- Shiga Toxin-Producing E. Coli
- Hepatitis A
- Norovirus

Report the following symptoms to your supervisor immediately if you experience:

- Vomiting
- Diarrhea
- Yellowing of eyes or skin
- Sore throat with fever

CONCLUSION

It is important to keep a high standard of personal hygiene while working in the food industry. By following the safe work practices presented in this lesson, employees can help minimize the chances of causing or spreading a foodborne illness.

