

HIGH SOCIETY

PERSONAL HYGIENE

Food handlers are potentially the biggest hazard in a food business; therefore, personal hygiene is vital.

Bacteria live in our bodies, and as our body temperature is 37°C, which is ideal for the growth of food poisoning organisms. You must keep yourself clean.

WHY IS HAND HYGIENE SO IMPORTANT?

Hands get everywhere and are the main method of transferring contamination, which is why they must be regularly washed.

Where possible, food should not be handled with bare hands.

Washing your hands will ensure that all harmful bacteria and substances are removed from hands and that further contamination will not occur.

HOW SHOULD HANDS BE WASHED?

Hands must always be washed in a hand wash basin ONLY, using comfortably hot water and liquid soap for about 15-20 seconds. Rinse your hands with clear running water.

Drying your hands should be done in a hygienic manner.

ALWAYS WASH YOUR HANDS

Finger nails should be kept short to prevent bacteria from living underneath them. Nail varnish must not be worn as it can chip and flake off into food.

Wash your hands

- after using the W.C.
- before starting work and when returning to work after a break
- after eating, smoking, blowing your nose or touching your mouth, ears or hair
- after handling waste or refuse
- between handling raw food and high risk foods
- after carrying out any cleaning activity

HAIR

The average human head sheds 50 hairs a day and these, along with bacteria from the scalp can contaminate food.

You must tie long hair back!

GLOVES

You may be asked to wear gloves when handling food.

REPORTING ILL HEALTH

Nobody suffering from Diarrhoea, vomiting, skin infections, heavy colds or discharges from the eyes or ears should handle food.

UNHYGIENIC HABITS

- always wash your hands regularly

- always dry hands on correct towels
- do not pick your nose or wipe your nose on your sleeve
- do not spit, cough or sneeze over food
- do not blow/breathe into glassware & cutlery to help polish them
- never use your fingers to 'taste' something

Do not lick your fingers to separate paper bags

Wash your hands after smoking in the designated area.