

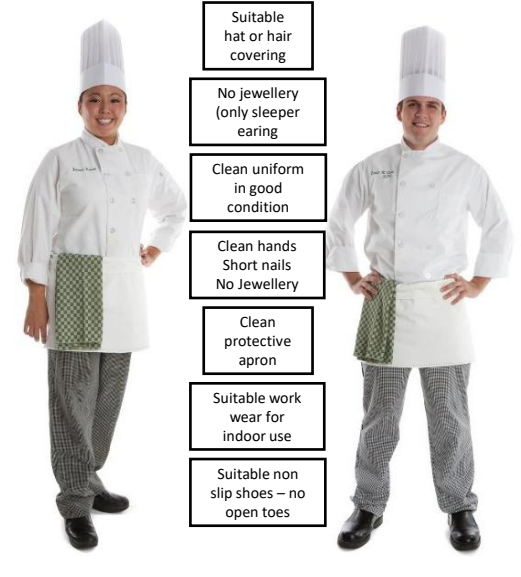
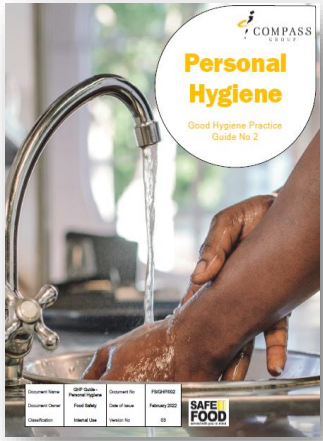
Food Safety Conversation No2: Personal Hygiene

Key Learning

What You Need To Know

Good personal hygiene can help minimise cross contamination and ensure the food you prepare, cook and serve to your customers is safe to eat

- Hands must be washed before handling ready to eat foods.
- Hands must also be washed after visiting the toilet, handling rubbish, handling or preparing raw food, cleaning, smoking or eating.
- Effective Handwashing Technique:
 - Wet your hands with warm water
 - Apply hand soap (recommended Ecolab Epicare 5c)
 - Lather and scrub hands for at least 30 seconds
 - Rinse for 10 seconds
 - Turn off the tap using a paper towel
 - Use additional paper towel to dry hands.
- Hair must be clean, neat and tied back or kept covered if handling open food.
- With the exception of plain wedding rings and plain sleeper earrings, jewellery must not be worn while preparing food.
- Uniform (if provided) must be clean and put on until you arrive at work.
- Wearing gloves has not been proven to be a safer method of handling, when food compared to the use of effective hand washing techniques as cross contamination from raw to high risk food can still occur and wearing gloves can give a false sense of security.
- Hand to mouth contact must be avoided while carrying out food handling activities so eating, drinking and smoking must be avoided while on duty.
- All food handlers must report signs of illness immediately to their line manager. All food handlers suffering from symptoms of nausea, stomach cramps, vomiting or diarrhoea must be excluded from work and not return until they have been symptom free for 48 hours.



HACCP Stages

Colleague Validation

More Information

All food handling stages

1. Give examples of when hands must be washed.
2. How long should hands be washed to ensure bacteria are removed effectively?
3. What type of jewellery is permitted?
4. What time period must food handlers remain symptom free before returning to work?

More information can be found within the **Good Hygiene Practice Guide No: 2 Personal Hygiene** and the HSE website