

Personal Hygiene

A clean appearance is about more than just looking good!
It helps prevent the contamination of food.

Upon arrive at work you should have:

- A clean uniform, this includes a spotless apron
- Hair should be pulled back to ensure it doesn't touch food
- Nails should be short and neatly trimmed to allow for easy cleaning

When to wash your hands:

- After using the restroom
- After touching the hair, face, body or clothing
- After using a tissue or sneezing into the hands
- After taking a break
- After touching dirty utensils or equipment
- After completing a foodhandling task
- Before putting on single-use gloves

How to wash your hands:

- If wearing jewelry on hands or arms, remove prior to washing hands and arms
- Begin by wetting hands under warm running water and apply soap
- Rub hands together to work up a lather
- Scrub hands and arms for at least fifteen seconds, making sure to clean between fingers and under fingernails
- Rinse hands and arms under running warm water
- Dry hands and arms by using disposable paper towels or a hot-air dryer

More on keeping clean:

Having healthy foodhandlers will have a large impact on food safety!

- Long or rough nails can trap dirt and make them difficult to clean, causing illness-causing microorganisms to be spread to food
- Polished nails can hide dirt undernailis and polish could flake off into food (Yummy!)
- Cuts or burns contain harmful microorganisms and need to be covered by a bandage
- Eating and smoking contaminate hands and if not properly washed, viruses and bacteria can be transfered to food
- Chewing tabaco and gum can cause contamination and should only be done on break
- Remove your apron when taking a break, when handling garbage or cleaning surfaces
- Don't reuse single-use gloves and always change gloves upon switching tasks
- Make sure to alert manager if you are not feeling well prior or during your shift