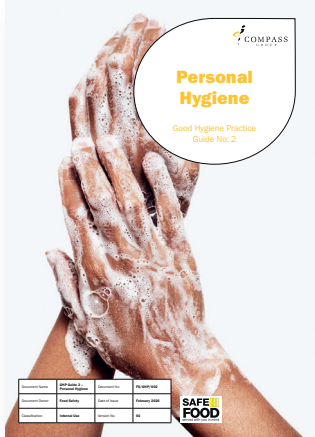



# Food Safety Conversation No 2: Personal Hygiene

FS.SC.002.04

Key Learning	What You Need To Know	
<p>Good personal hygiene can help minimise cross-contamination and ensure the food you prepare, cook and serve to your customers is safe to eat</p> 	<ul style="list-style-type: none"> <li>❑ Hands must be washed regularly throughout the day including: <ul style="list-style-type: none"> <li>• Before starting work and before handling ready-to-eat foods</li> <li>• After handling raw food, including raw meat, poultry, fish, eggs and unwashed fruit</li> <li>• After coughing, sneezing, touching your face and hair</li> <li>• After using the toilet, handling waste, cleaning, smoking and vaping</li> <li>• After eating or having a break</li> </ul> </li> <li>❑ To effectively wash your hands: <ol style="list-style-type: none"> <li>1. Wet your hands with warm water</li> <li>2. Apply antibacterial hand soap</li> <li>3. Lather and scrub hands for at least 30 seconds</li> <li>4. Rinse for 10 seconds</li> <li>5. Turn off the tap using a paper towel</li> <li>6. Use additional paper towel to dry hands.</li> </ol> </li> <li>❑ Wearing gloves is not a safer method of handling food when compared to the use of effective hand-washing techniques. Cross-contamination can occur equally whether hands are gloved or bare and wearing gloves can give a false sense of security. Only wear gloves to carry out a specific task, when preparing an allergen free meal, over cut-gloves, when handling high-risk foods for vulnerable customers, to cover a cut or minor skin complaint etc.</li> <li>❑ Any uniform must be clean and not be worn away from the workplace, such as on the way to work.</li> <li>❑ Hair must be clean, neat and tied back and kept covered if handling open food.</li> <li>❑ With the exception of plain wedding rings, plain sleeper earrings and facial jewellery with a screw tight fitting, jewellery must not be worn while preparing food.</li> <li>❑ 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.</li> </ul>	
HACCP Stages	Colleague Validation	More Information
<p>All food handling stages</p>	<ol style="list-style-type: none"> <li>1. Give examples of when hands must be washed.</li> <li>2. What are the 6 steps of effective handwashing?</li> <li>3. Are wristwatches permitted to be worn in the kitchen?</li> <li>4. What time period must food handlers remain symptom free before returning to work?</li> </ol>	<p>More information can be found in the <b>Good Hygiene Practice Guide No: 2 Personal Hygiene</b> and the HSE website</p>