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LEVY SAFETY IN 30 MINUTES

Personal Hygiene

AGENDA



- **Why and Who**
- **Hand Hygiene**
- **Clothing, hair, jewellery and habits**
- **Fitness to Work**
- **Compliance and Corrective Action**



Why?



People are common sources of contamination through bacteria, viruses, physical and chemical contaminants transferred often via hands and clothing.

Personal Hygiene Legislation requires that food handlers maintain cleanliness and wear clean, protective clothing to prevent contamination.

Contamination occurs through handling food after touching raw meat, sneezing, going to the toilet, **without washing hands**, or from wearing **contaminated clothing**

People with **contagious diseases**, or with **gastrointestinal symptoms** must not handle food or enter food prep areas to avoid spreading illness.



Who?



Managers and head chefs **monitor compliance**, complete hygiene checks, and take corrective actions to maintain standards

All staff must follow hygiene rules, report illness, and prevent contamination to protect customers

Contractors and **visitors** also need to be considered



Hand Hygiene



Hands must be washed regularly – including

- before starting work and before handling food,
- after handling raw food, after coughing, sneezing, using the toilet, eating, smoking and vaping, handling waste or dirty equipment and cleaning tasks



Proper handwashing breaks contamination chains and reduces food safety risks significantly.

Keep fingernails short and clean; no nail varnish or false nails.

Cover, broken skin and cuts with waterproof dressings.



Hand Washing



Wash basins must have
hot and cold running water
antibacterial soap
hygienic drying options

They must be
near food prep areas
clean and accessible
only used for washing hands



Effective hand washing involves thorough lathering including palms, backs, fingers, thumbs, and nails for at least 30 seconds

Drying hands is an essential step



Use of Gloves



Wearing gloves is not safer than hand washing and can create a false sense of cleanliness.

Gloves should be worn only in specific cases:
high-risk food handling
allergy-safe meal preparation
specific task – preparing chillies, beetroot, burgers
over cut resistant gloves



Gloves may have defects that allow contamination

They must be changed often and never reused.

Hands must be washed before and after glove use.



Clothing – Hair – Jewellery – Habits



Uniforms must be clean and include head coverings to prevent contamination during food preparation.

Washed on a hot cycle using biological detergent

Hair must be clean, tidy and tied back

Food handlers should wear a hat or hairnet

Jewellery is limited to
plain wedding rings and sleeper earrings
facial jewellery with screw tight fittings

Eating, drinking, smoking are restricted in food handling areas



Fitness to Work



Employees with an illness that can be transmitted by food or with gastrointestinal symptoms **must report** to management and **be excluded** from working with or around food until symptom-free for 48 hours.

Where someone becomes unwell while at work, areas have to be **cleaned** and potentially contaminated food **discarded**



Compliance and Corrective Actions



Monitoring Compliance

Managers ensure hygiene standards by observing staff, checking facilities, and completing safety checklists regularly

Corrective Actions

Immediate measures include hand washing, discarding contaminated food, and retraining staff to maintain compliance





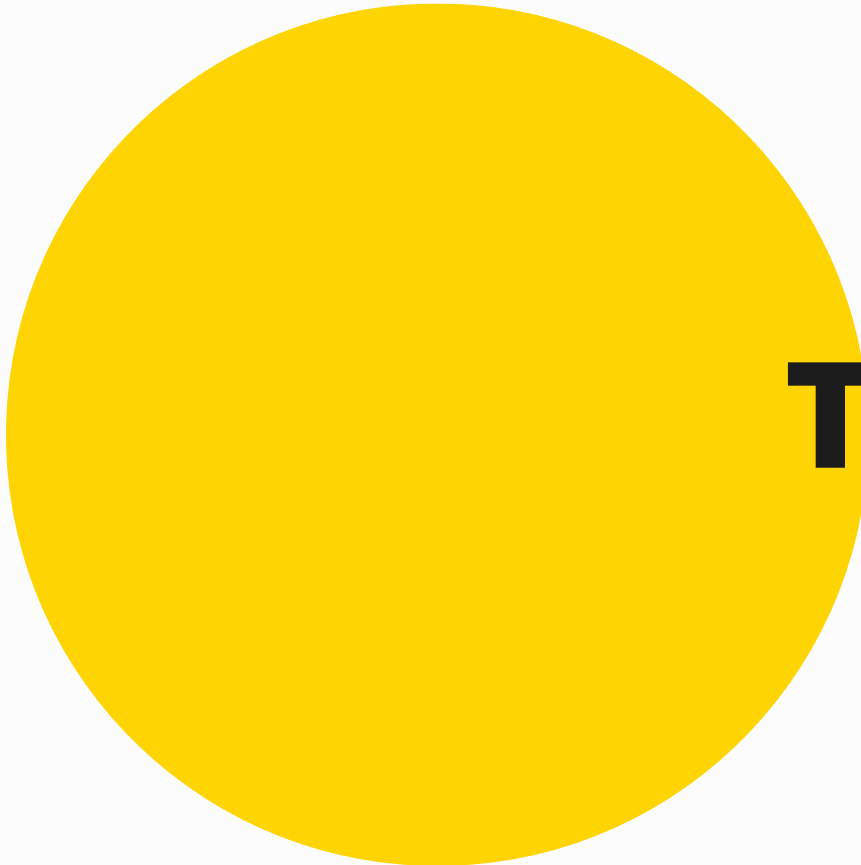
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