



# Personal Hygiene

Good personal hygiene can prevent food poisoning. Bacteria that can cause food poisoning can be on everyone – even healthy people. You can spread bacteria from yourself to the food if you touch your nose, mouth, hair or your clothes, and then food. Good personal hygiene also makes good business sense. Customers like to see food-handling staff who take hygiene seriously and practice safe food handling. Watch how your co-workers handle food and consider it from a customer's point of view. Would you want to eat at, or buy food from, the place you work?

## **Food handlers – personal hygiene tips:**

- Wear clean clothes each day
- Shower daily
- Wash and dry your hands thoroughly before handling food, once a task is complete and wash them again frequently during work
- Dry your hands with a clean towel, disposable paper towel or under an air dryer
- never smoke, chew gum, spit, change a baby's diapers or eat in a food handling or food storage area
- Never cough or sneeze over food, or where food is being prepared or stored
- Wear clean protective clothing, such as an apron
- Keep your spare clothes and other personal items (including mobile phones) away from where food is stored and prepared
- Tie back or cover long hair and keep it contained
- Keep fingernails short so they are easy to clean, and don't wear nail polish or extensions because it can chip or fall into the food
- Avoid wearing jewelry, or only wear plain-banded rings and stud-type earrings
- Completely cover all cuts and wounds with a wound strip or bandage (brightly colored waterproof bandages are recommended)
- Wear disposable gloves over the top of the wound strip if you have wounds on your hands
- Change disposable gloves regularly and after each completed task
- Advise your supervisor if you feel unwell, and don't handle food.

