

Personal Dress and Hygiene Overview Transcript

Before you start work or prepare any food, state, local and federal health agencies recommend you follow these daily practices to keep the food you prepare and serve safe. Staying healthy and wearing clean clothes will help prevent contamination that could cause foodborne illness. Personal safety is also important when working in a food service operation. Check with your supervisor about additional or specific policies your operation may follow.

Be in good health

Do not prepare food when you are ill, or have an open cut or sore on your hand or arms. Avoid coughing and sneezing in food areas. Report illnesses and symptoms such as diarrhea, and vomiting to your supervisor.

Practice good personal hygiene

Keep your hands clean. Wash your hands and exposed parts of your arms before preparing food or as often as needed. Use a designated hand sink.

Wet hands with warm, running water. Lather soap on your hands. Rub hands together for at least 20 seconds, working lather up past your wrists to any exposed part of your arm. Wash under fingernails and between your fingers. Rinse thoroughly with running water. Dry your hands thoroughly with a disposable towel or air dryer.

Wash after you: use the restroom, touch your hair, face or body, cough, sneeze, or use a handkerchief or tissue, work with raw foods, handle chemicals, take out the garbage, handle dirty equipment or utensils. Follow the food code and your standard operating procedures to prevent bare hand contact with ready to eat foods. If you wear gloves wash your hands before putting on gloves. Change them when they are soiled or torn and when you change tasks or handle a different type of raw or cooked foods – as often as you would wash your hands. Do not eat, drink, or smoke in food preparation areas and while preparing food.

Do not wear jewelry. - The only jewelry allowed is a plain ring such as a wedding band. Keep nails clean and trimmed. - Do not wear nail polish or false nails. Wear clean clothes. And if you wear an apron make sure the apron is clean. Do not use your apron as a towel. Take off your apron and store it in the proper place before using the restroom. Wear an effective hair restraint while working in a food preparation area. This can include a hair net or hat depending on your local guidelines. Men should also use beard restraints to keep hair from contacting food or food surfaces. Protect yourself. For personal safety do not wear loose clothing. Wear protective gloves and goggles as directed. Wear slip resistant closed toe and heel shoes. Make sure your apron strings are tied securely. Check with your supervisor for the standard operating procedures on personal safety attire. This concludes the personal safety and hygiene segment of this training. Please take a few minutes to answer the review questions provided by your supervisor. If you have any questions ask your supervisor.