

EMPLOYEE HYGIENE

Unsanitary hygiene practices are the **number 1 cause of foodborne illness**. Good personal hygiene practices keep the workers healthy and helps to prevent the spread of disease to food.

Clothing must be clean. Employees need to maintain a high degree of personal cleanliness during all working hours. Hair restraints must be worn by all persons in the preparation and service of food. This keeps hair from food-contact surfaces and out of food.

Food employees must clean their hands and exposed portions of their arms in a **hand-washing only sink** that is equipped with hot and cold running water, soap and paper towels. Good handwashing technique is to use soap and running water while scrubbing vigorously the surfaces of their hands and arms for at least 20 seconds and thoroughly rinsing with clean water.

Food employees must keep their fingernails trimmed, filed, and maintained so the edge and surfaces are cleanable and not rough.

Employees must wash their hands:

- Immediately before food preparation.
- After touching unsanitary parts of the body.
- After using the restroom.
- After coughing, sneezing, using a handkerchief or disposal tissue, using tobacco, eating or drinking.



Remember:

Employees must **not smoke or use tobacco** in the kitchen preparation areas. No person **is allowed** to work in any area of a food service establishment in any capacity while infected with any communicable disease.

Glove Safety Rules:

- Always use fresh gloves.
- Hands must be washed before putting on gloves and after removing them.
- Use gloves before handling ready-to-eat foods.
- Use gloves that fit properly.
- Change gloves when changing jobs, such as, when switching between raw and read-to-eat foods. Do Not use latex Gloves! Latex gloves can cause serious allergic reactions.