

Checklist for personal hygiene practices of food-handlers

- Uniforms, aprons (or clothes) should be clean at the beginning of a work shift
- Wear a hair restraint (hat or hairnet)
- Keep fingernails short and clean
- Avoid touching nose, mouth, hair and skin during food preparation
- Do not smoke in food premises
- Do not cough or sneeze directly onto food
- Avoid wearing jewelry while handling and preparing food
- Avoid using strong perfumes/after shaves
- Do not wear uniforms or aprons outside the food preparation area
- Cover all wounds or cuts on hands or arms completely with bright-coloured waterproof wound strip
- Wear disposable gloves if there is a wound on the hand. Change both gloves and wound strip regularly
- Food handlers to be free from any illnesses such as gastro or the flu
- Cease work and report to the manager while ill



HANDS MUST BE WASHED BEFORE:

- Working
- Handling food and utensils



HANDS MUST BE WASHED AFTER:

- Using the toilet
- Handling raw food
- Coughing, sneezing, eating, drinking or smoking
- Licking fingers
- Every break
- Touching pimples or sores
- Handling waste
- Carrying out cleaning duties
- Changing soiled clothes
- Touching ears, nose, hair, mouth, or other bare body parts
- Handling animals
- Any other unhygienic practice

