



## **Food Handling**

It is your job to do everything you can to keep bacteria from getting to your food and customers. In fact that is what HACCP is all about: how we touch the food, where we put it and what other things come in contact with it. Bacteria often reaches food because we unknowingly handle it the wrong way.

## **Personal Hygiene**

Personal hygiene is important to food safety. Your individual cleanliness and habits contribute to healthful conditions. It is your responsibility to do everything you can to keep bacteria from getting to your customers.

### **Rules of Good Employee Personal Hygiene**

1. Always wear clean clothing
2. Hair restraints must be worn
3. Jewelry must be kept to a minimum
4. Do not wear fingernail polish and keep nails trimmed short
5. Shower and wash hair daily

## **Handwashing**

Handwashing is probably the most important part of personal hygiene. One of the biggest sources of food contamination comes from unwashed hands, particularly after using the toilet. Hands become contaminated not only when we use the bathroom but also when we sneeze or cough in our hand. Hands also become contaminated when we smoke, eat with our hands, shake someone's hand, and touch unclean areas like raw food or dirty aprons. Whenever your hands become contaminated, wash them because unclean hands can easily transmit bacteria to the food you are preparing.

### **Employees must wash their hands before starting work and after the following:**

- Handling raw food
- Touching their hair, face or body
- Sneezing or coughing
- Smoking and chewing tobacco and gum
- Eating and drinking
- Cleaning
- Taking out the garbage
- Touching anything that may contaminate their hands

Proper handwashing begins with the proper equipment. Every facility must have a handwashing sink that is conveniently located in the facility. Each handwashing sink must have hot and cold running water, liquid soap, single use paper towels or air-blowing hand dryers and a wastebasket. Cloth towels and aprons are not acceptable hand drying devices.