



Hand Sanitizers

Not allowed in a food service setting in place of handwashing. Hand sanitizers are very poor against spores, oocysts, and many viruses. When applied and not washed off will become an indirect food additive.

Tasting Food

Another way food can get contaminated is when you taste it improperly. When you need to taste the food, don't use your finger or the same spoon twice. Use a clean spoon each time.

Sneezing

When you have to sneeze, always cover your mouth with a tissue or paper towel that you immediately throw away. If you do not have a tissue or towel, use your hands or turn into your shoulder. Always wash your hands after every sneeze even if you use a tissue.

Cuts and Burns

The cuts and burns on your hands can also contaminate the food you are preparing. Always bandage any cut or burn and cover with a plastic glove. The bandage and the disposable glove together prevent bacteria from the cut or burn from reaching the food.

Hair Restraints

"Employees shall use effective hair restraints to prevent the contamination of food or food contact surfaces." Examples of proper hair restraints include hairnets, hats, and ball caps.

Jewelry

Employees must not wear jewelry on their arms or hands while preparing food. A plain wedding band is the only exception.

When you are sick

If you are sick, stay home, especially when you have stomach problems like diarrhea or vomiting. Foodhandlers who have diarrhea are a serious health threat to both their customers and co-workers.