

Personal Hygiene and Health of Food Handlers

- All food handlers must take responsibility to handle food as safely as possible.
- Food handlers must comply with the Food Safety Program in order to achieve this.
- Food handlers must notify the Manager/Food Safety Supervisor if they suspect that they may have accidentally contaminated food.
- The food business must make sure that staff suffering from foodborne illness do not handle food. A food handler who has been excluded from handling food must not return to handling food until he or she has received clearance from a doctor. Symptoms of concern include diarrhoea, vomiting, sore throat, fever or jaundice.
- Conditions such as: Infected skin sores, boils, acne and cuts and abrasions are to be treated and any open sores to be covered with water proof coloured band-aids.
- Your business must keep a record of staff absences due to illness, especially food borne illness.

Personal Hygiene and Food Handling

- Daily bath or shower.
- Keep fingernails trim and clean and free from nail polish.
- Avoid touching nose, mouth, hair and skin during food preparation.
- Smoking is not permitted in food preparation areas.
- Coughing, spitting or sneezing directly onto food is not permitted.
- Tie back long hair and cover with suitable headgear.
- Use disposable tissues to blow noses in preference to handkerchiefs.
- Keep the wearing of jewellery to a minimum, wedding band (plain), no stone jewellery, no wrist watches in food preparation areas.
- Food handlers must notify their Food Safety Supervisor when suffering from gastro symptoms and are not permitted to work.
- Do not wear uniforms outside the food area.
- Staff to wear suitable protective clothing while preparing and handling food.
- Staff to wear head gear, such as disposable hair nets or mop capsto prevent hair getting into food
- Staff to be made aware of the appropriate use of disposable gloves.
- Do not change clothes, eat or drink in the food preparation areas.



- Cover cuts or sores with a waterproof, bright band aid (preferably blue).
- Staff to inform visitors of personal hygiene rules and ensure the rules are observed at all time whilst in a food preparation area.
- Animals are not permitted in any part of a food business unless they are assistance animals, such as guide dogs.

Hand Hygiene Washing your hands:

- Hands are only washed in the hand basin provided.
- Use soap to work up a lather.
- Wash palms, fingers, thumbs, nails and wrists (use nail brush if necessary).
- Rinse off soap by washing hands under running hot water for no less than 20 seconds.
- Dry with paper towel then air dry - do not use uniform.

Staff must wash their hands before:

- Starting or re-commencing food handling (eg starting a shift, returning from a break).
- Before handling food.
- Wearing disposable gloves.

Staff must wash their hands after:

- Attending the toilet.
- Handling raw ingredients.
- Eating or drinking.
- Engaging in habits that may cause contamination such as licking fingers, biting nails, smoking, touching pimples or sores.
- Coughing sneezing, using a handkerchief or disposable tissue.
- Disposing or handling waste.
- Handling animals.
- Handling anything else other than the food (for example: money, cleaning cloths, cleaning equipment).
- Handling any food that may potentially contaminate other food products.

Keep a record of any food handling training that your staff have completed.