

Importance of Personal Cleanliness

Your personal cleanliness can affect business. Bad hygiene can not only offend customers and coworkers, it can make them sick. Good personal hygiene helps prevent foodborne illnesses, creates good relationships with your customers and it's the law.



Foodborne Illnesses

What you do while you receive, prepare and serve food can make people sick or keep them well. A common cause of diseases such as E. coli, salmonella and hepatitis is poor personal hygiene by food handlers. Food handlers can contaminate food with their own bacteria or spread bacteria from contaminated food to safe food.

To Prevent Foodborne Diseases:

- ◆ Wash your hands thoroughly with warm soapy water before and after handling food and before and after wearing gloves.
- ◆ Wear gloves when handling food that is ready to eat.
- ◆ Avoid handling food if you're sick or have diarrhea or open wounds.
- ◆ Wear clean clothing.
- ◆ Take a shower before every shift.

Make an Impression

If workers aren't clean, customers will think the food isn't clean. There's a certain level of trust involved when customers pay strangers to cook, prepare or serve food to them. Good personal hygiene will keep your customers coming back.

It's the Law

Food safety falls under the regulation of state, local and federal health codes. The U.S. Food and Drug Administration (FDA) has established a food code to prevent the spread of foodborne illnesses. The food code allows regulatory agencies to close a business or ban a worker from the food service industry if standards for personal hygiene and other factors that cause foodborne illnesses are not met.