

Tips for Good Hygiene

Practicing good hygiene not only makes conditions more pleasant for customers and coworkers—it makes them safer. Good hygiene helps prevent the spread of bacteria that can cause illnesses. Below are some tips for good personal hygiene.

General

- ◆ Bathe or shower before each shift.
- ◆ Keep fingernails trimmed and don't use nail polish or false nails while handling food.
- ◆ Wash your hands after:
 - using the bathroom
 - touching your hair or face
 - using a tissue
 - wiping your hands on an apron or towel.
- ◆ Don't wear perfume or cologne.

Hair

- ◆ Keep your hair neat and wear required hats or hair nets.
- ◆ Keep facial hair neatly trimmed. Use a beard net as required.

Clothes

- ◆ Begin each shift with clean clothes.
- ◆ Remove jewelry before handling food.
- ◆ Wear gloves whenever you are handling food that's ready to be served.
- ◆ Change gloves when you would normally wash your hands if you weren't wearing gloves. Wash your hands before and after wearing gloves.

Health

- ◆ Report personal illnesses including fever, vomiting, diarrhea, sore throat, sores, etc. to the person in charge.
- ◆ Bandage any open sores and tell your supervisor about them.

Location

- ◆ Avoid eating, drinking, smoking, chewing tobacco or gum, using toothpicks, etc., in food preparation, food storage and dishwashing areas.

