EMPLOYEE HYGIENE

Objective: Build habits of good personal hygiene in health care food service staff.

- Every food service worker can, by developing daily habits of careful hygiene, aid in providing quality products to residents. High standards of personal cleanliness are essential to protect residents against potential food contamination. The following procedures are defined to guide employees toward excellent personal hygiene habits.

1-HAND WASHING AND BATHING

Hands are the major source of food contaminants. Frequent hand washing with special attention under fingernails, can greatly reduce instances of food borne illness.

- **Clean hands:**
  1) Before handling or serving food
  2) After using the toilet
  3) After handling soiled dishes, rags, mops, or garbage
  4) After sneezing or blowing nose
  5) After taking a break, eating or smoking
  6) After touching face or hair
  7) After returning to the kitchen area from any other area
- **Wash hands:**
  1) Wet hands and wrists with hot water
  2) Apply soap, lather heavily. Use of lot friction to scrub under fingernails, and rub hands together repeatedly
  3) Rinse hands thoroughly under hot water
  4) Dry hands with individual paper towel or air dry machine
- **Clean, odor-free body:**
  1) Bathe or shower daily
  2) Use deodorant daily
  3) Avoid using perfumes at work

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2- HAIR CARE

- **Hair completely restrained**
  1) Wear hair net or cap covering all hair
  2) Keep hair off collar and neck
  3) Beards more than ¼”

3- CLOTHING/JEWELRY

- **Clean clothes, in good repair, free of stains or spots.**
  1) Wash and change clothes and undergarments daily
  2) Repair all rips and replace buttons as needed
- **Clean aprons**
  1) Change aprons when soiled
- **Clean, close-toes shoes**
  1) Wear shoes that are worn only at work
  2) Clean and polish shoes weekly or more frequently as needed
- **Minimum Jewelry**
  1) Avoid wearing jewelry such as dangling earrings, rings, watches and bracelets.
  2) Artificial nails and nail polish are not allowed to be worn while working in the kitchen, according to 2017 Food Code.

4- STAFF ILLNESS

- **Report illness**
  1) Report any illness to direct supervisor immediately
  2) Report any cuts, sores or infections to direct supervisor immediately
  3) Refer to 2017 Food Code (2-201.1) for reporting symptomatic Food Employee (Forms 1-A through 1-C)

EMPLOYEE HYGIENE

Name_____

Pre/Post Test

1. List three instances when it is crucial to wash your hands.

_____

_____

_____

2. How often should food service workers bathe or shower and use deodorant to meet standards of cleanliness?_____

3. Describe how hair should be worn when at work._____

_____

_____

4. When and to whom should you report any infections, cuts or illness to?_____

_____

T or F 5. It is okay to wear shoes that are open toe.

T or F 6. It is okay to wear a wedding ring and a watch to work when I am a food service worker.

Answer Key
1-_____, _____ & _____ 2-daily,
3-_____, 4-immediately, supervisor,
5-F, 6-T