

Food Safety Fact Sheet

Personal Hygiene

INTRODUCTION

Good personal hygiene is a basic requirement for implementing a food safety program. All school nutrition employees must follow the Standard Operating Procedures for personal hygiene that are written for their school nutrition program.

HERE ARE THE FACTS

Research conducted by the U.S. Food and Drug Administration shows that poor personal hygiene practices often are followed in retail foodservice establishments, which includes schools, hospitals, nursing homes, and restaurants. Poor personal hygiene is a risk factor that must be controlled in all types of foodservice operations.

APPLICATION

- Report to work in good health, clean, and dressed in clean attire.
- Change apron when it becomes soiled.
- Wash hands properly, frequently, and at the appropriate times.
- Keep fingernails trimmed, filed, and maintained.
- Keep fingernails short and without artificial nails or nail polish.
- Do not wear any jewelry except for a plain ring such as a wedding band.
- Treat and bandage wounds and sores immediately. When hands are bandaged, single-use gloves must be worn.
- Report any illness to your manager.
- Cover any lesion containing pus with a bandage. If the lesion is on a hand or wrist, cover with an impermeable cover such as a finger cot or stall and a single-use glove.
- Eat, drink, or chew gum only in designated break areas where food or food contact surfaces may not become contaminated.
- Wear hairnet, hat, or cap while in the kitchen.
- Taste food the following correct way:
 - ◊ Place a small amount of food into a separate container.
 - ◊ Step away from exposed food and food contact surfaces.
 - ◊ Use a teaspoon to taste the food. Remove the used teaspoon and container to the dishroom. Never reuse a spoon that has already been used for tasting.
 - ◊ Wash hands immediately.

Remember, follow state or local health department requirements.





Personal Hygiene cont.

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