



## Personal Health and Hygiene of Food Handlers

### Personal Hygiene

Food handlers' personal hygiene habits and cleanliness must minimise the risk of food contamination. Food handlers must:

- Do whatever is reasonable to prevent their body, clothing, jewellery etc. from coming in contact with unprotected food or food contact surfaces;
- Avoid unnecessary contact with ready to eat foods;
- Wear clean outer clothing;
- Cover any sores or cuts with a highly visible waterproof dressing;
- Not eat or drink over unprotected food or food contact surfaces;
- Not sneeze, blow or cough over unprotected food or food contact surfaces;
- Not smoke or spit where food is handled; and
- Not handle food when they are ill.

### Hand washing

Food handlers must wash their hands whenever their hands are likely to contaminate food, including:

- Immediately before working with ready to eat food or after handling raw food;
- Immediately after using the toilet;
- Before they start handling food, or go back to handling food after another activity;
- Immediately after smoking, coughing, sneezing, using a handkerchief or tissue, eating, and drinking; and
- After touching their hair, scalp, face or a body opening

### How to wash hands

1. Use the dedicated hand wash facility.
2. Wet hands under warm running water;
3. Clean their hands thoroughly using soap, using a brisk rubbing motion;
4. Rinse soap off hands using warm running water; and
5. Dry hands thoroughly with single use paper towel.

### Health of food handlers

People suffering or possibly carrying certain illness must not handle food or be in contact with food contact surfaces.

Anybody with the following symptoms should immediately inform the FSS, seek medical attention and must not return to work until they have been symptom free for 48 hours:

- Diarrhoea
- Vomiting
- Sore throat with fever
- fever
- jaundice

Anybody diagnosed with any of the following diseases are to cease all contact with food and food contact surfaces and must not return to food handling duties until a medical clearance is provided:

- hepatitis A
- Typhoid fever
- Staphylococcal or Streptococcal disease
- Norovirus
- Shigellosis

Anyone with a discharge from their eyes, ears or nose should take medication to stop any nasal or other discharge from contaminating food.