

# Personal Hygiene

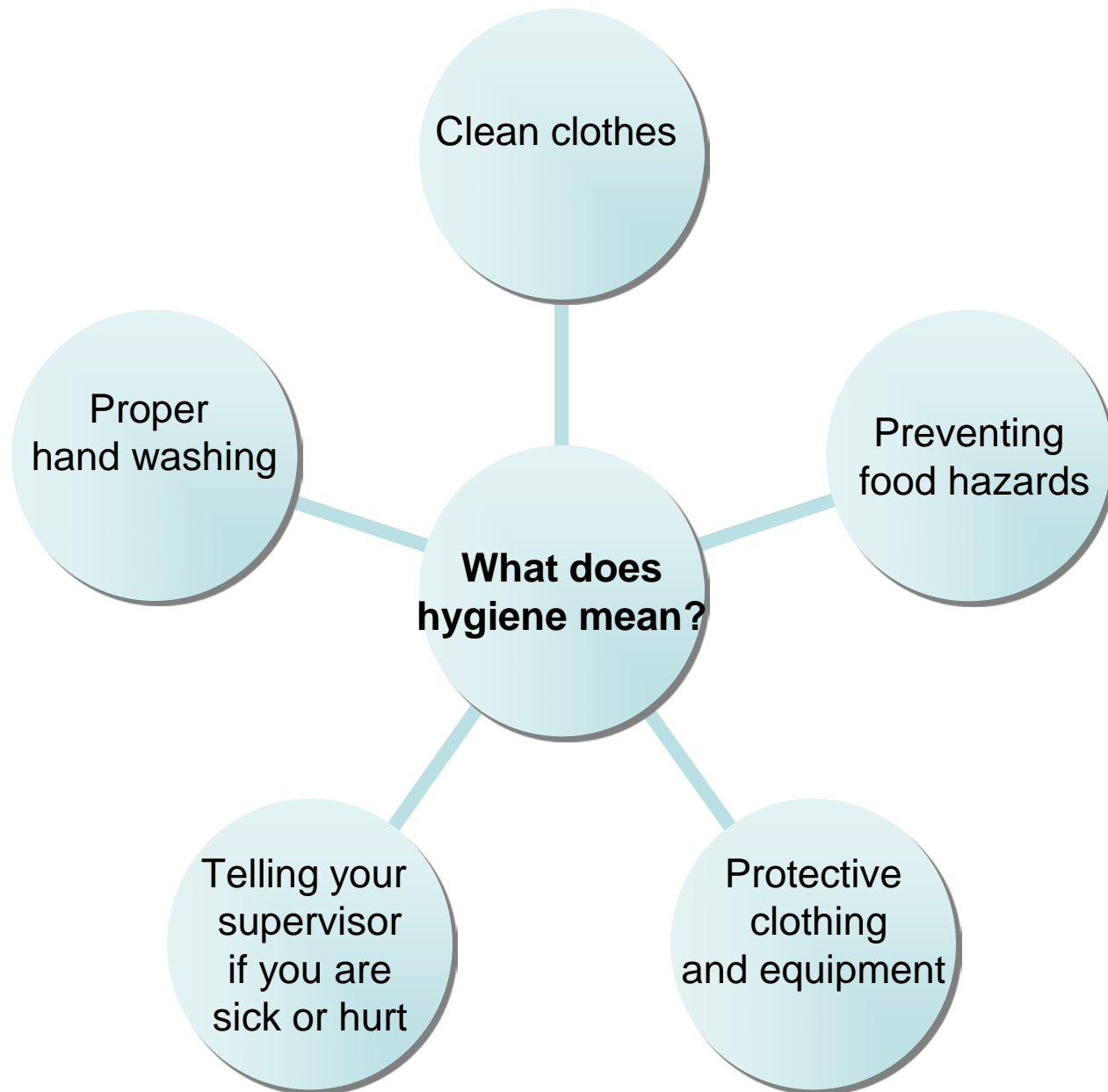
## Module 3



# Why is proper employee hygiene important?



- prevents food borne illness
- keeps you and others safe
- controls microbes



Why are clean hands and clean clothing important?



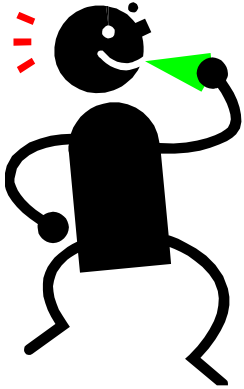


# Unclean hands and unclean clothes...

- can spread **microbes** and contaminate food



# Not allowed in work area:



- personal food

- drinks

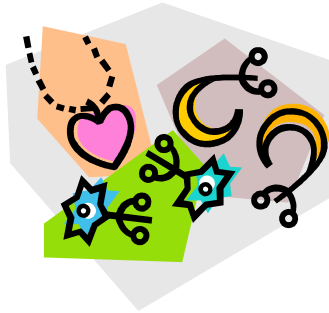
- gum

- medication

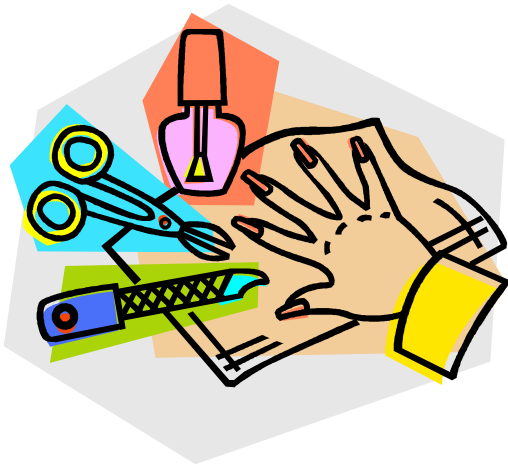
- smoking



# Not allowed in work area:



- spitting or drooling
- jewelry
- nail polish or long nails
- cologne or perfume
- glass containers



# Protective clothing and safety equipment





- All employees and visitors must wear protective clothing and safety equipment **before** entering the food processing areas.
- This may be coats, aprons, gloves, hairnets, beard nets and footwear.
- Clothing, footwear and headwear must be in good, clean condition.



# Clothing



- you must wear all special clothing as directed
- no pockets above the waist
- durable and easy to clean
- snaps or ties, not buttons

# Clothing

- clothing must be stored in lockers
- must be washed regularly
- you must wear clean clothes every day
- no street clothing in processing, handling or packaging areas



# Hairnets



Hairnets must be worn  
by **everyone.**



# Beard nets



- Any facial hair (beards and moustaches) must be covered by a beard net.

# Why wear hairnets and beard nets when working with food?

- We wear hairnets and beard nets to capture hair and skin and prevent them from falling into the food, ingredients, food surfaces and packaging.

# Clothing and footwear

- Clothing and footwear can carry small amounts of **allergens**.
- Clothing and footwear can transfer **dirt** and **microbes** from people to food.



# Hand washing







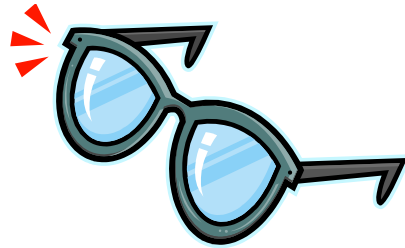
# Wash your hands properly **before touching:**



- food
- ingredients
- utensils
- equipment



# Wash your hands properly **after touching:**



- your face or eye glasses
- garbage
- raw food



# Wash your hands properly **after:**



- returning from a break
- sneezing or coughing
- using the toilet or urinal
- smoking
- eating or drinking

# Why wash your hands?

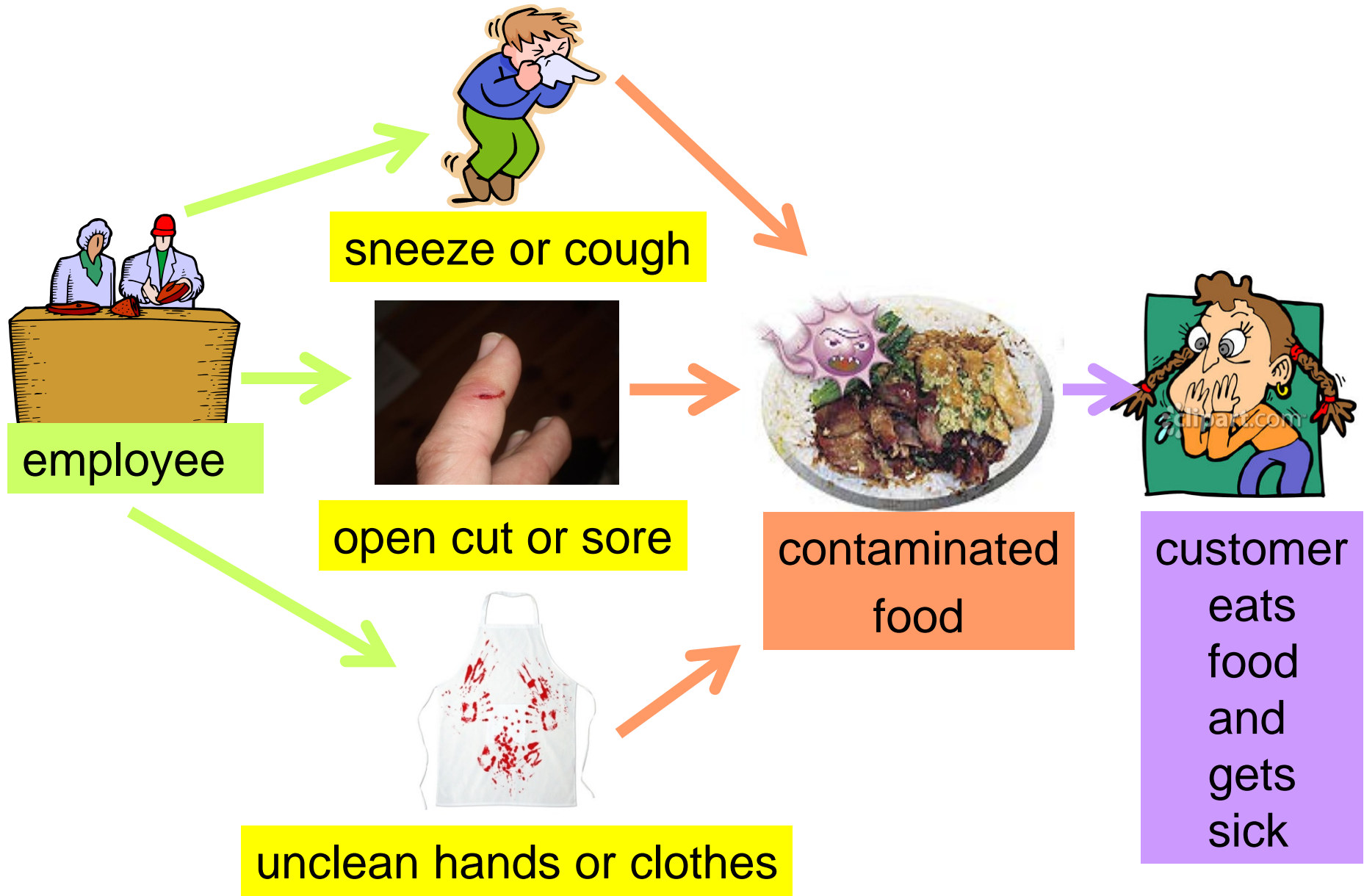
- prevents **contamination** of food and ingredients
- protects against getting sick
- reduces the risk of spreading germs

# Hand washing steps:

- use warm water
- use soap and lather beyond the wrists
- lather for at least 30 seconds
- rub in circles
- use a fingernail brush
- rinse thoroughly under running water
- dry with a paper towel
- shut off tap with paper towel

[Hand washing Video](#)

# How Microbes Travel



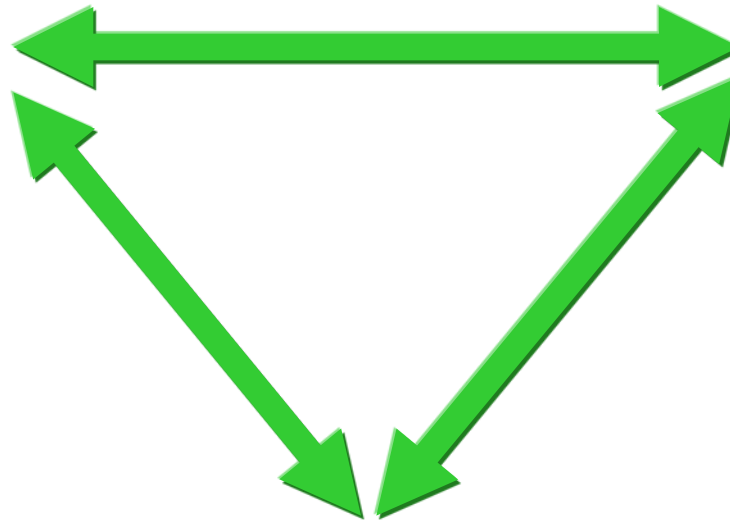
# How Microbes Travel

**Employees can  
carry germs**

- Skin
- Nose
- Hair
- Hands
- Clothing
- Other people
- Blood

**Environment can  
carry germs**

- Work surfaces
- Utensils
- Insects
- Air



**Contaminated food  
can carry germs**

# Tell your supervisor if you have...

- diarrhea
- a stomach ache or throw up
- a fever
- jaundice
- a sore throat
- skin infections
- runny nose, eyes or ears







# Tell your supervisor if...

- you feel sick
- you have a cut or open sore
- you get hurt while working



**Do not handle food or enter the food processing area if you feel sick.**



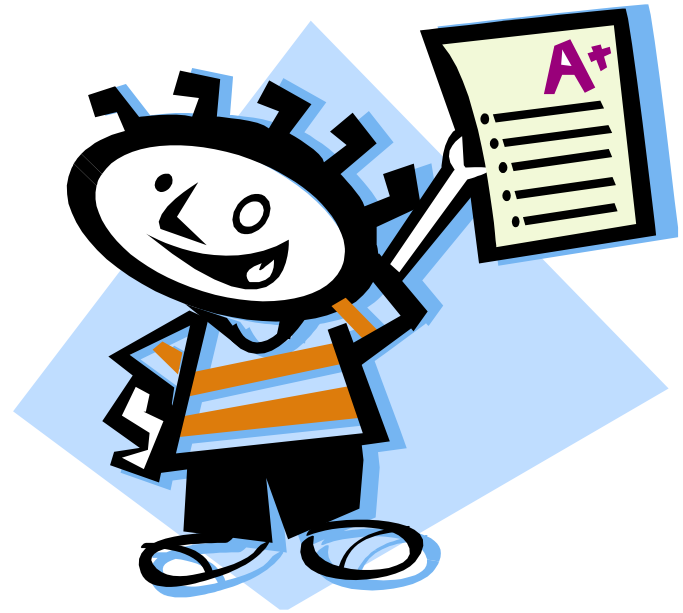
# If you have an open cut or sore:

- use **detectable** bandages and a glove
- **change** bandage if it gets **wet or dirty**
- **tell your supervisor** immediately if you get **hurt** at work





# Review





# 1. The benefits of washing your hands regularly are:

- a) prevents contamination of food
- b) protects against a number of infectious diseases
- c) reduces the risk of infecting others
- d) all of the above





## 2. The most common source of food hazards is:

- a) transport trucks
- b) employees
- c) pests
- d) none of the above



3. If you are sick or have an infection or wound, you must tell your supervisor immediately.

- a) true
- b) false





4. What is **right** with this picture?



**a) wearing goggles**

**b) wearing a hairnet**

**c) wearing jewelry**



# Congratulations!





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**Growing Employment  
Opportunities**

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