

Week 1 Be Safe, Don't Cross-Contaminate

Personal Hygiene Practices that Prevent Cross-Contamination

NATIONAL
**FOOD
SAFETY**
MONTH
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Cross-contamination is the transfer of pathogens from one surface or food to another. It can cause foodborne illness in many ways. Good personal hygiene is a key component to preventing cross-contamination and the spread of foodborne illness. Customers expect it as well. Having the correct knowledge and attitude about personal hygiene will put you closer to keeping food safe.

Personal Cleanliness and Work Attire

- Shower or bathe before work.
- Wear a clean hat or other hair restraint when in a food-prep area.
- Do not wear hair accessories that could become physical contaminants.
- Wear clean clothing daily.
- Remove aprons when leaving prep areas and never wipe hands on aprons.
- Remove jewelry (except for plain band rings) from hands and arms before prepping food or when working around prep areas.
- Do not eat, drink, smoke, or chew gum or tobacco when prepping or serving food, when working in prep areas, and when working in areas used to clean utensils and equipment.
- Avoid scratching the scalp, running fingers through hair, wiping or touching the nose, rubbing an ear, touching pimples or infected wounds, coughing or sneezing into the hand, and spitting in the operation.

