

Be Safe, Don't Cross-Contaminate

Week 1: Personal Hygiene Practices that Prevent Cross-Contamination

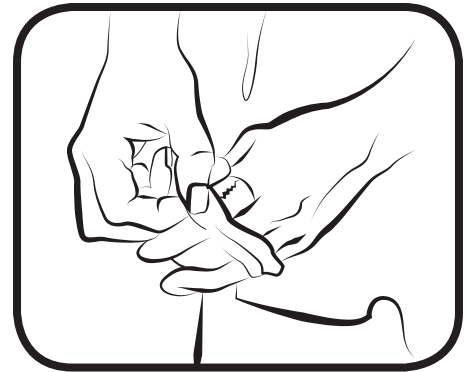
NATIONAL
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September 2012



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. Here are some rules you can follow to understand correct personal hygiene.

Correct Hand Care

- Wash hands correctly and at the correct times.
- Only use hand antiseptics after handwashing, never in place of it.
- Keep fingernails short and clean.
- Do not wear false fingernails unless allowed by your regulatory authority with single-use gloves.
- Do not wear nail polish unless allowed by your regulatory authority with single-use gloves.
- Infected wounds, cuts, or boils on the hands or wrists must be covered with an impermeable cover. A single-use glove should then be worn over the cover.
- Single-use gloves should be worn when handling ready-to-eat food. They should be changed when they become dirty or torn; before beginning a different task; after an interruption (such as a phone call); and after handling raw meat, seafood, or poultry, and before handling ready-to-eat food.



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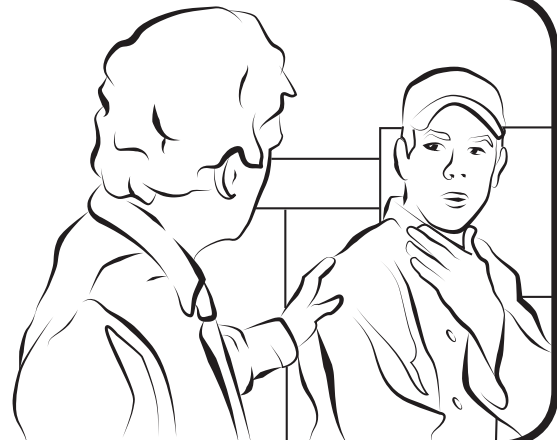
Personal Cleanliness and Work Attire

- 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.



Policies for Reporting Health Issues

Operations should have policies in place for reporting health issues. Staff members must report illnesses before coming to work. They should also let a manager know immediately if they get sick while working.



Directions: Place an **X** next to the food handler's name if there is a risk that the food handler could spread pathogens.

- _____ 1. Jessica has a cut on her finger that looks infected. She covers it with a bandage and then starts prepping salads.
- _____ 2. Lee didn't have time to do laundry. He is wearing the same chef coat he wore yesterday.
- _____ 3. Tegan is wearing her diamond wedding ring and medical bracelet while making pizza.
- _____ 4. Jorge has a pimple on his chin. He doesn't even realize how often he touches and picks at it while he is making sandwiches.
- _____ 5. Sarah has just finished using the restroom. After washing her hands correctly, she puts on a new pair of single-use gloves before going back to work in the prep area.
- _____ 6. Rita is a pizza maker. She felt fine when she got to work, but a few hours later started to get a sore throat and fever. She decided not to tell her manager because she needed the money from this shift.
- _____ 7. Gary, a dishwasher, has allergies. Sometimes he needs to spit, so he spits in the garbage can next to the sink.
- _____ 8. Noreen has just finished cutting raw meat for a stew. She is in a hurry and needs to chop vegetables for a salad, so she takes off her single-use gloves and replaces them with a new pair without washing her hands in between.
- _____ 9. Tim, a pastry chef, has dandruff, which itches. He tries not to scratch his head, but sometimes he just has to do it.
- _____ 10. Alison just got her hair cut and it won't all fit up into a ponytail. She has used bobby pins to pin her hair up on the sides before going into work as a chef.

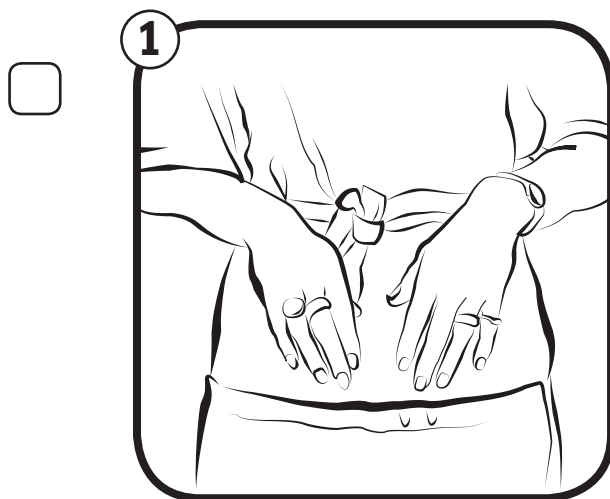
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Week 1 | Activity 2: Which Action Can Spread Pathogens to Food?

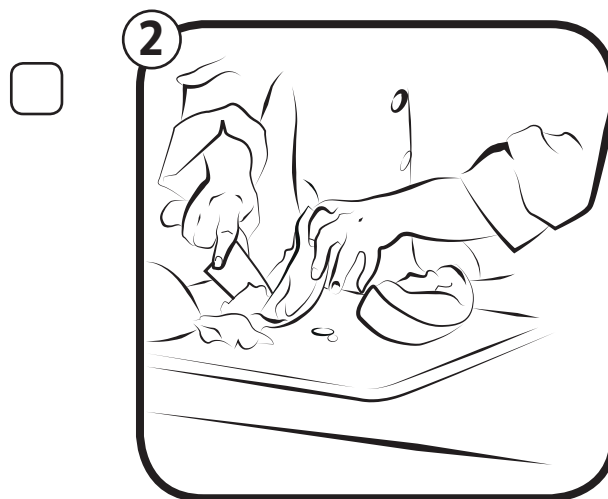
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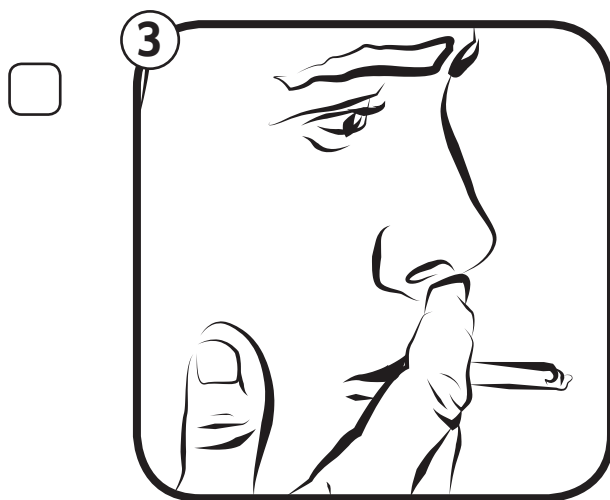
Directions: Place an **X** next to each action that can spread pathogens from the body to food.



Wearing jewelry on hands and wrist, and having long fingernails



Cutting melon with bare hands



Smoking while prepping food



Rubbing the ear