

# Practice Personal Hygiene

Dirty hands and clothing can transfer disease-causing pathogens to food, making people sick. The most important way to prevent this is to wash your hands. Always wash your hands after using the restroom, or any time they get dirty. Coughing or sneezing on food, touching a wound and then touching food, or coming to work sick can also cause foodborne illness.

## Manager:

As a manager, lead by example. Being a role model and having good personal hygiene practices has a positive impact on employee behavior. In addition, remember to keep the handwashing sink fully stocked and accessible to allow all employees to wash their hands.



Good personal hygiene is easy, and it can help keep food safe.

## Handwashing

- Handwashing should take you about 20 seconds. **First**, wet your hands and arms with running water as hot as you can comfortably stand. **Second**, apply soap. **Third**, scrub for 10 to 15 seconds. **Fourth**, rinse. **Fifth**, dry your hands and arms with a single-use paper towel or air dryer.
- Only wash your hands in a handwashing sink. These sinks shouldn't be used for any other purpose.

## Gloves

- Wash your hands before putting on gloves or when changing them. Make sure the gloves fit your hands.
- Only use single-use, disposable gloves for handling food, and never rinse, wash, or reuse gloves.

## Work Attire

- Always wear clean clothes and aprons, and remove aprons when visiting the restroom.
- Always wear a clean hat or other hair covering.
- Remove jewelry from hands and arms. The only exception is a plain, metal band ring.

Tell your manager if you have any of the following symptoms: vomiting, diarrhea, jaundice (yellowing of the skin and eyes), or sore throat with fever.

# What Did Jerry Do Wrong?

**Directions:** Jerry is washing his hands after visiting the restroom. Draw an X through each step where he makes a mistake and explain his mistake in the space provided.



**1** Jerry wets his hands with hot running water.

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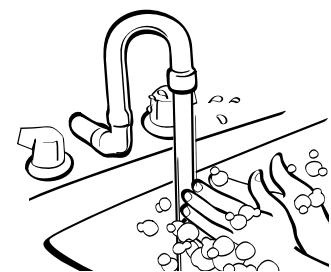


**2** Jerry puts soap on his hands.

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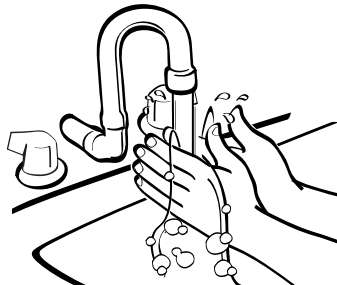


**3** Jerry scrubs his hands and arms for 8 seconds.

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**4** Jerry rinses thoroughly under running water.

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**5** Jerry dries his hands on his apron.

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