



Personal hygiene

Personal hygiene must play an essential part in the day to day running of any safe food operation. Personal cleanliness is:

- Your moral duty
- Your **legal** duty
- Something to be proud of

Many types of food poisoning bacteria live on or in our bodies and it is therefore absolutely essential that certain basic rules are followed to try to prevent their transfer onto food.

Remember that if you have bad habits like

- Touching your nose, eyes, lips or hair
- Licking your fingers
- Biting your nails

You are in real danger of contaminating food with bacteria.

You must become aware of any bad habits and stop them.

Daily personal hygiene checklist

- Bathe or shower daily
- Brush teeth several times a day
- Wash hair regularly – including beards
- Keep finger nails short, clean and do not wear nail varnish
- Do not wear any jewellery as it may unfasten and fall into food or drink or could trap dirt
- Do not wear strong perfume or aftershave as the smell may taint food
- Have a clean change of clothing every day
- Make sure that protective clothing provided for you is kept clean.

Whilst at work

You will have to work with your hands and to avoid contaminating food with food poisoning bacteria you must keep your hands clean.

Wash them frequently and in particular they must be washed **after**:

- Going to the toilet
- A break in the rest room
- Touching your face or hair

- Sneezing, coughing or blowing your nose
- Cleaning duties
- Touching dirty surfaces or utensils
- Handling raw food
- Handling rubbish

Do use

A wash hand basin provided for hand washing only. It must have:

- Hot water
- Soap
- A good nail brush
- Paper towels or other means of hand drying
- A waste bin nearby

Do make sure

You wash

- Palms
- Back of hands
- Between fingers
- Under nails

Do not

Eat, drink, smoke or comb your hair in any food room.

Do wear

All protective clothing provided and change it regularly.

Do cover

Minor cuts and abrasions with a suitable, brightly coloured, waterproof dressing

Visitors to kitchens

All visitors **must** comply with personal hygiene rules and this includes delivery staff.

Remember – clean food deserves clean staff

Footnote

This guidance is one of a series on Food Hygiene Practices produced by the Hertfordshire and Bedfordshire Environmental Health Officers Food Group.

For further advice, please contact your local Environmental Health Department.

Issued by:

Environmental Health, Public Protection, Dacorum Borough Council, Civic Centre, Marlowes, Hemel Hempstead, Herts, HP1 1HH

Email environmental.health@dacorum.gov.uk

Tel: (01442) 228084

Fax: (01442) 228477