

Dangerous microorganisms are not only found in soil and drinking water, but can also be transmitted by animals and humans. Especially when working in the kitchen, microorganisms can get onto food through contact with surfaces, cutting boards, cutlery and other equipment. Cleaning and cleanliness in the household is therefore of enormous importance.

### IN THE KITCHEN

#### Keep a tidy kitchen

Objects that are not needed for kitchen work do not belong in the kitchen, as they can be responsible for the transfer of dirt and microorganisms to food. Remove empty transport containers – such as those used for fruit, vegetables or dairy products – or empty cans from the kitchen area without delay.

#### Keep kitchen, storage rooms and work equipment clean

Microorganisms can easily breed in soiled rooms and on dirty equipment, but if the rooms are clean and the machines and equipment are properly cleaned, the germs have nothing to feed on and cannot grow. Therefore, always clean machines and equipment with hot water and detergent immediately after use.

#### Regularly clean your workplace between tasks using clean – preferably disposable – cloths

Food remains and soiling dry quickly and are then very difficult to remove. They form germ pockets that cannot be seen with the naked eye. Thoroughly clean your workplace after each work step. Dirty cloths that have been re-used often contain a high number of microorganisms that are transferred to work surfaces or equipment during cleaning. You should therefore use fresh cloths every day or use disposable cloths that you can throw away.

#### Store detergents and disinfectants outside the kitchen

Cleaning agents, disinfectants and pesticides can contaminate food. They must not come into contact with food and must therefore be stored outside the kitchen. Accidental consumption can cause internal burns and poisoning.

### PERSONAL HYGIENE

#### Keep yourself clean

Many microorganisms live on your skin and particularly on your scalp but frequent washing helps to prevent them from breeding. This is why personal hygiene is so important. Washing your hair regularly frees the scalp of dandruff, which microorganisms feed on.

#### Keep your fingernails clean and clipped, and do not use nail varnish

Microorganisms are particularly likely to accumulate under long fingernails. This is why your fingernails should be cut as short as possible. As dirt cannot be seen under nail varnish and as the varnish can flake off, its use is not permitted when working in the kitchen.

#### Keep your street clothes separate from your workwear

Microorganisms can be brought into the kitchen area via your street clothes, and the use of suitable and clean workwear is therefore mandatory. This clothing must be stored separately from your street clothes in the changing room.

#### Use fresh workwear and dish towels every day

Microorganisms that can contaminate food accumulate on workwear and dish towels. Change your workwear and the towels used in the kitchen every day. The fabrics should be light-coloured and boil-washable.

#### Always wear a hat/hair cover in the kitchen area

The human scalp peels off in the form of dandruff from time to time, and we lose hair every day. Dandruff and hair in food are unpleasant and unhygienic because they contain a great many microorganisms. Always wear a hat or hair cover when working. Long hair should be tied up.

#### Remove rings, bracelets, wristwatches etc. before starting work

Sweat collects under rings, bracelets, wristwatches and the like, and this moisture is the ideal environment for bacteria to breed. Jewellery also prevents you from cleaning your hands and forearms properly. Always remove these objects before starting work. Earrings and chains should also not be worn when working.

### **Regularly wash and disinfect your hands thoroughly**

Our hands come into contact with pathogens practically everywhere. Thorough hand washing using soap and hot water followed by drying using disposable towels prevents these pathogens from being transferred to food. Always wash your hands in the designated washbasins and never in sinks in which food or crockery and cutlery are cleaned. Wash your hands thoroughly before starting work, after every break and regularly between individual work stages. After washing your hands, you should also disinfect them, at least after handling raw foods, in particular meat, poultry and eggs as well as after using the toilet. Observe the in-house instructions on staff hygiene.

### **Do not cough or sneeze on food**

Even healthy people have bacteria in their nose and throat that can result in food poisoning. To ensure that these bacteria and any viruses they contain are not transferred to food via tiny droplets, always turn away from food if you have to cough or sneeze. Cough in your elbow and use a paper tissue to clean your nose. Then throw the tissue away, thoroughly wash your hands and disinfect them.

### **Cover open wounds using waterproof dressings**

Under no circumstances must open wounds come into contact with food, as these wounds may contain food-poisoning bacteria. Wounds must therefore be covered with a water-tight plaster, a clean bandage and a rubber finger cot or a rubber glove. It is advisable to use coloured material where possible, as this will make it easier to recognise if it becomes detached from the wound.



# HomeMeal