

Personal Hygiene for Food Handlers

Types of Hazards

- Microbiological: Bacteria, mould, yeast, viruses
- Chemical: Cleaning fluids, grease, pesticides, fumes
- Physical: Metal, glass, wood, plastic, rubber
- Allergens: 14 Types of Allergènes



Contamination Hazards

- Materials and Packaging
- People
- Machines and Equipment
- Environment



Objectives of this session

1. Hand Hygiene



2. Hygienic Work Wear



3. Hygienic Behaviour

**Personal
Hygiene**





Hand Hygiene



Bacteria and viruses transmitted by poor personal hygiene

- Staphylococcus aureus
- E'coli – Escherichia coli
- Salmonella
- Giardia lamblia
- Avian flu

2 main risks of Avian Influenza

- **FIRSTLY Avian influenza is a flu that infects birds!! however by handling an infected bird you could spread the infection**
- Poor personal hygiene when handling poultry could transmit severe disease
- The virus could mutate into a form that is highly infectious for humans which could cause a Pandemic

How can I be infected?

- Direct close contact with infected birds and faeces
- Contaminated surfaces
- Contaminated objects
- Cooking poultry thoroughly will kill the virus in an infected bird



How do Microorganisms Transfer to Foods?



Hands



Utensils



Equipment



Whole Body

Why Wash Hands?

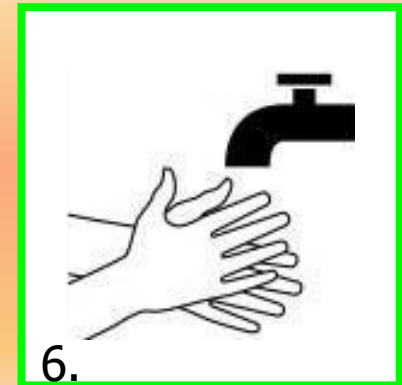
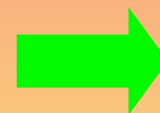
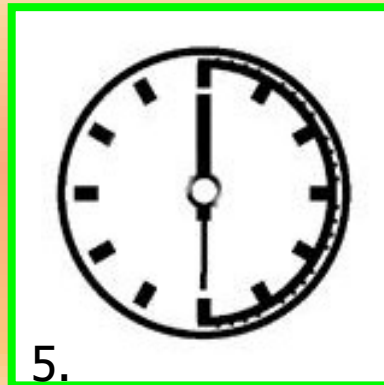
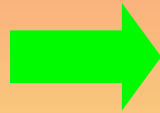
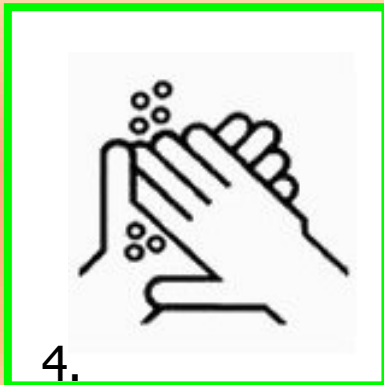
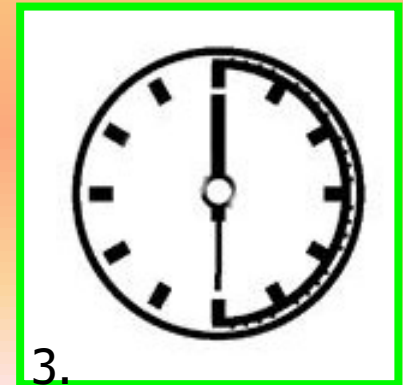
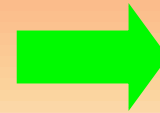
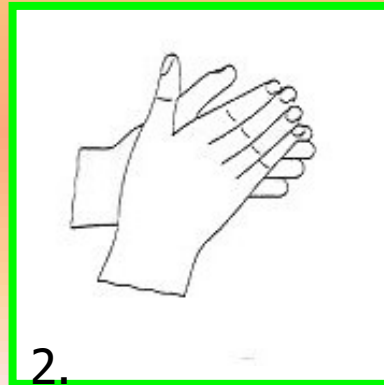
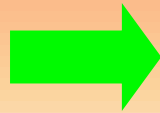
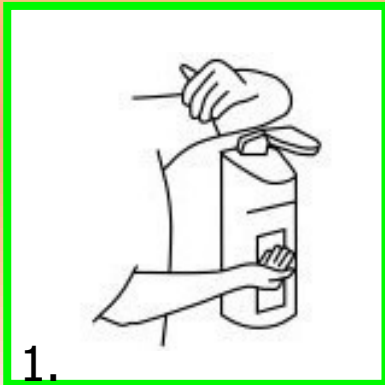
Unwashed Hands



Washed Hands



How to Wash Hands Properly?



When to Wash Hands?

- Before work starts
-and after:
 - each break
 - smoking, eating
 - using a handkerchief
 - cleaning
 - each visit to toilet
 - contact with dirty surfaces, objects or money
- When moving into a new department



How Should Your Hands Look?



**Wash and
Disinfect
Hands**



**Trim
Fingernails**



**Do Not
Wear
Jewellery**



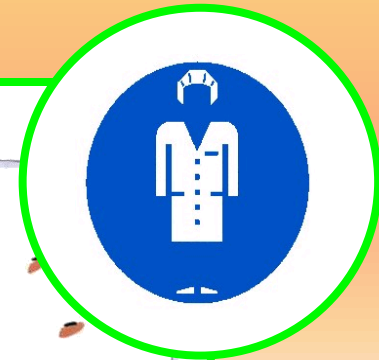
**Dress
Wounds**



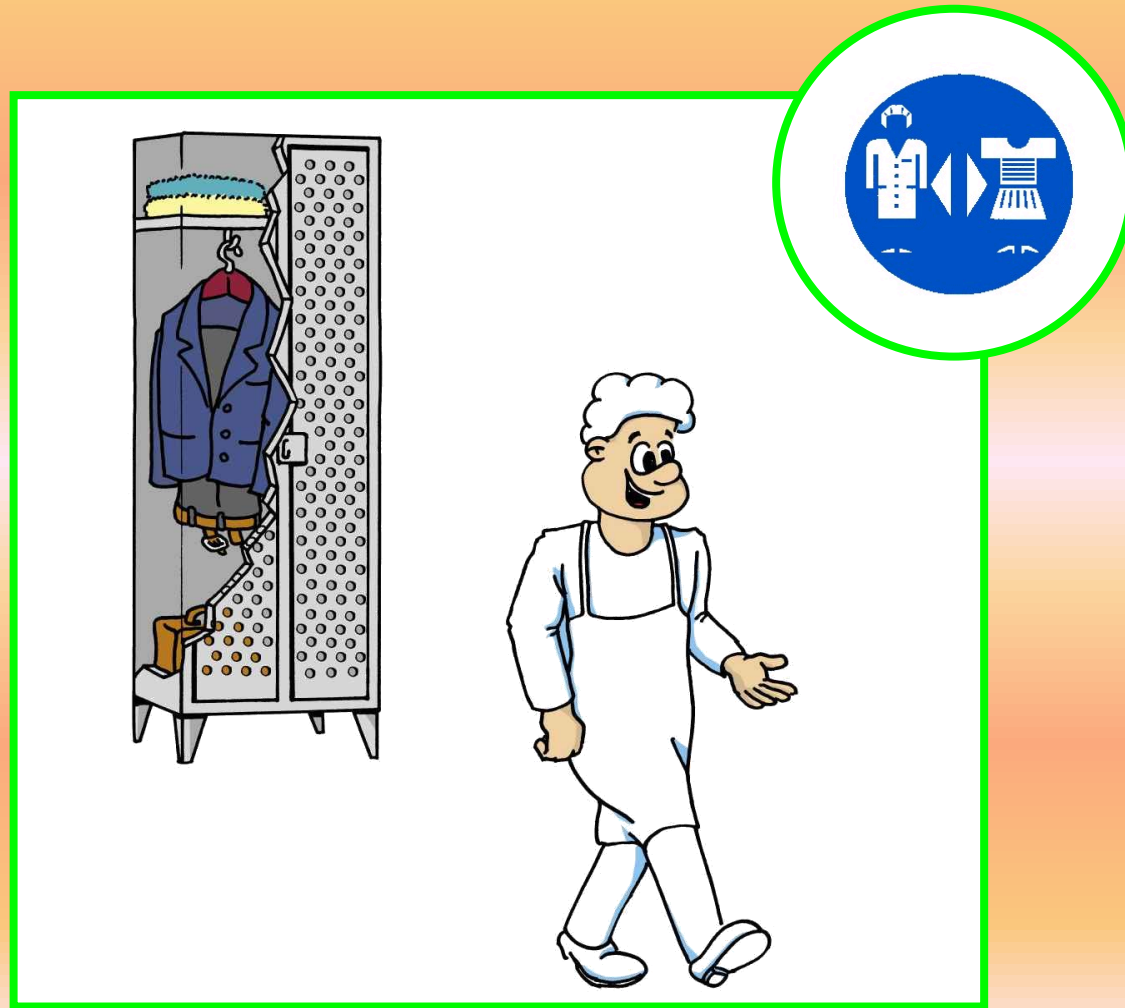
Hygienic Work Wear



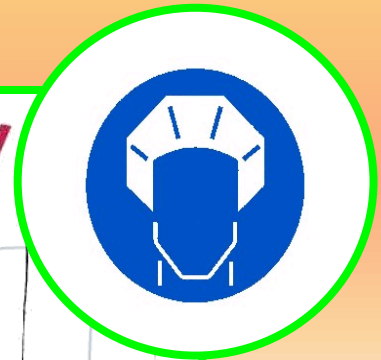
Correct Body Care



Correct Work Wear



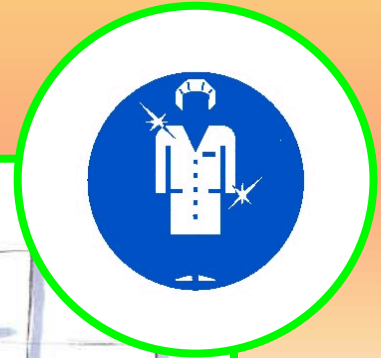
Correct Head Gear



Correct Foot Wear



Your Appearance in Front of the Customer

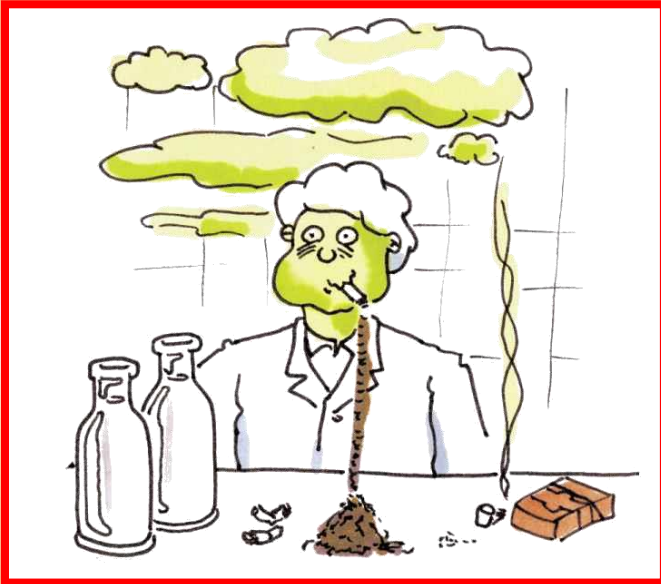




Hygienic Behaviour



How to Behave in the Work Area?



What to do With Wounds?



What to Do When You Are Sick?



**No Entrance
for Ill Persons**



**Regular
Health
Checkups**

“14 Golden Rules”

- Sneeze and cough in disposable tissue and wash hands afterwards
- Keep hands clean
- Keep nails short and clean; No nail biting
- No false nails and nail varnish
- Cuts to be covered with blue waterproof dressing
- Hair clean and tied back
- Perfume and perfumed creams and soaps should not be used



“14 Golden Rules”

- Jewellery, watches, rings should not be worn
- No nose and ear picking
- No smoking, eating or drinking in food rooms (it's illegal in the EU)
- Report illness as early as possible to supervisors
- Frequent and careful use of hygiene facilities such as hand washing devices, boot / shoe washing devices, showers, etc.
- No blowing on food; no dipping fingers into food
- No street clothes, shoes, bags, etc. in work area