

Personal Hygiene

To keep food safe, every person working in a food-handling area must maintain a high level of personal hygiene.

You must wear clothing that is:

- Suitable
- Clean
- Protective



When preparing or handling food you should:

- Keep hair tied back and wear a suitable head covering e.g. a hat or hair net
- Not wear watches or jewellery
- Not touch your face or hair, spit, sneeze or eat



All staff that work with food must wash their hands:

- When in the kitchen
- Before preparing food
- After touching raw food
- After handling food waste or emptying a bin
- After cleaning
- After blowing nose or going to the toilet
- After touching phones, door handles and switches



You must not handle food or enter a kitchen if:

- You are suffering from an illness or disease
- Have infected wounds, skin infections or sores
- Have sickness and/or diarrhoea

