

# FOOD HANDLERS

## HEALTH AND HYGIENE



### Hand Washing

Hand washing along with temperature control practices play critical roles in preventing food spoilage and food poisoning. By law, all food preparation areas must have a designated hand wash basin.

Staff must wash their hands only in facilities that are designated for this purpose. Food preparation sinks must never be used for hand washing. All hand wash basins must be supplied with liquid soap and disposable paper towel.

### Wash Hands Before:

- Commencing or re-commencing any activities in the food preparation area.
- Handling food (including food preparation and sale of food).
- Wearing disposable gloves. Wearing disposable gloves does not prevent cross contamination and should not be interpreted as a substitute for hand washing.

### Wash Hands Between:

- Handling raw food and cooked foods.

### Wash Hands After:

- Using toilet facilities.
- Handling money.
- Eating or drinking.
- Smoking.
- Coughing, sneezing or using handkerchiefs or tissues.
- Scratching or touching body parts such as hair, nose, fingers and finer nails, pimples or sores, and any other body part.
- Handling or disposing of rubbish and/or kitchen waste.
- Handling cleaning cloths or any cleaning equipment.
- Handling animals or animal products.
- Handling any food that may potentially contaminate another food.

### How to Wash Hands

It is essential that hands are washed before work and frequently during the shift.

1. Apply soap and wet hands with warm water.
2. Wash palms, fingers, thumbs, nails and wrists for at least 20 seconds.
3. Rinse off any soap residue under hot running water.
4. Dry hands with a paper towel for 20 seconds. (DO NOT dry your hands with a tea towel).



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### Hygiene of Food Handlers

Food handlers must take all practicable measures to ensure their body, anything from their body and anything they are wearing does not contaminate food or surfaces likely to come into contact with food.

### Hair

Food handlers with long hair must at a minimum, tie it back. There is no direct requirement for food handlers to wear hats, hair coverings or nets, beard restraints or other coverings.

However, these may be necessary depending on the type of food the food handler is preparing. Hair clips and pins should be kept to a minimum and secured.

### Nails

- Nails should be kept short and clean.
- Nail polish can chip off and can also hide dirty nails so it should not be worn to work.
- Artificial nails should also be avoided as these can fall off into food.

### Jewellery

- Jewellery must not be worn or it is to be kept at a minimum (e.g. wedding bands.) on hands and wrists;
- If jewellery is on hands wrists, ensure thorough cleaning occurs under the jewellery and dried after washing;
- Gloves must be worn over jewellery on hands, if hands are to come into direct contact with the food;
- Avoiding fiddling with jewellery, especially earrings for pierced ears as bacteria can grow in and around the hole;
- Ensure jewellery is not loose, especially earrings.

### Adhesive dressings and other bandages or dressings

- Ensure dressings are completely waterproof;
- Ensure dressings are brightly coloured where possible;
- If bandage or dressing is on the hand, wear disposable gloves.

### Clothing

Ensure outer clothing is of a level of cleanliness that is appropriate for the handling of food that is being conducted.

### Food Handlers Must Not:

- Eat over unprotected food or surfaces likely to come into contact with food;
- Sneeze, blow or cough over unprotected food or surfaces likely to come into contact with food.

### Food Handlers Health

Staff must not handle food if they are suffering from any infectious disease, gastroenteritis or any respiratory infections such as a cold or the flu. Applicable exclusion times must be undertaken where appropriate (generally 48 hours after symptoms have ceased).