

Introduction

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

They must wear clothing that is:

- Suitable.
- Clean.
- Protective.

When preparing or handling food they should:

- keep hair tied back and wear a suitable hair covering, e.g., hat or hair net.
- not wear watches or jewellery (except a wedding band).
- not touch their face and hair, smoke, spit, sneeze, eat or chew gum.

Employees should not wear outside clothes in food preparation areas, hair (including facial hair) should always be covered, and nails should be clean, cut short and you should not wear false nails or varnish.

You can find more information regarding personal hygiene and food handling here:

<https://www.food.gov.uk/sites/default/files/media/document/nt/personal-hygiene-fitness-to-work.pdf>

Hand Washing

Effective handwashing is extremely important to help prevent harmful bacteria from spreading from peoples' hands. All staff that work with food must wash their hands:

- when in the kitchen or preparation area before preparing food.
- after touching raw food.
- after handling food waste or emptying a bin.
- after cleaning.
- after blowing their nose.
- after touching phones, light switches, door handles and cash registers.

Staff should dry their hands on a disposable towel. This is because harmful bacteria can spread on wet or damp hands. Use a disposable towel to turn off the tap.

Further information on hand washing may be found here:

<https://www.food.gov.uk/sites/default/files/media/document/handwashing.pdf>



Fitness for work

You must not enter a food handling area if you:

- are suffering from or carrying a disease likely to be transmitted through food.
- have infected wounds, skin infections or sores.
- have diarrhoea.

If any of these issues apply to you, you must tell your manager about it immediately.

If you have suffered with diarrhoea or vomiting, then you should not return to work until you have had no symptoms for 48 hours.

Further information regarding Fitness to Work for Food Handlers may be found here:

<https://www.food.gov.uk/sites/default/files/media/document/fitnessstoworkguide.pdf>

Further Information

The information in this leaflet was taken from the Food Standards Agency's website. Further information may be found at:

<https://www.food.gov.uk/food-hygiene>

A copy of this information leaflet can be downloaded from:

<https://mohs.co.uk/>

23.10 Food Hygiene - A Guide for Workers



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