



## 25.10 Food Hygiene: A Guide for Employees

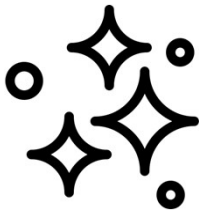
### Introduction

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.*

### Hand Washing

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

- **When** in the kitchen or 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 because harmful bacteria can spread on wet or damp hands. Use a disposable towel to turn off the tap.



### 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

Further information regarding Fitness to Work for Food Handlers may be found here: <https://www.food.gov.uk/business-guidance/fitness-to-work>

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 & other documentation can be found from <https://mohs.co.uk/resources> or using the QR code at the top of this page.