

## **Food Handlers Hygiene - Employee Advice Leaflet**

- **Your responsibilities as a food handler**
- **Wash your hands thoroughly**
- **Washing hands effectively**
- **Tell your manager if you are unwell**
- **Checklist for good hygiene practice**

### **Your responsibilities as a food handler**

You can pass on germs when you handle food. To prevent this you must:

- Always wash your hands
- Tell your manager if you are unwell

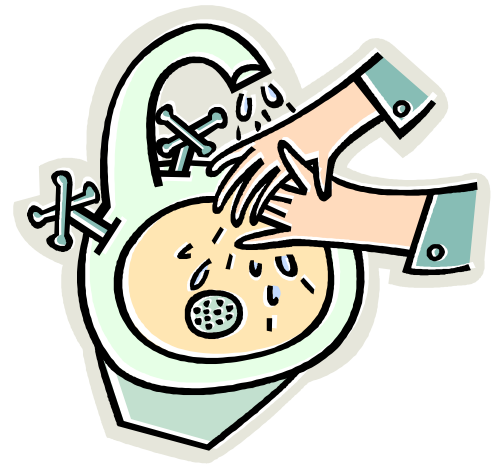
### **Wash your hands thoroughly**

- before starting work
- after a break
- after going to the toilet (WC)
- after emptying a bin / handling rubbish
- before starting a new task
- after handling raw food, especially raw meat or poultry
- after blowing your nose
- after smoking, eating or drinking
- before handling ready-to-eat food
- after touching your hair
- after touching a spot, sore, open wound
- after putting your hand over your nose and/or mouth



## Washing hands effectively

- Use warm water and a liquid soap.
- Work up a good lather and make sure you wash your wrists, hands, fingers, thumbs, fingernails, and in between the fingers.
- Rinse the soap off your hands and dry them thoroughly using disposable towels or a hot-air dryer (not on your apron).



## Tell your manager if you are unwell

Tell your manager if:

- Have been sick (vomiting).
- Have diarrhoea.
- Have infected (red, swollen, pus-containing) sores or cuts.
- Feel unwell.
- Were ill while on holiday.

AND

- If anyone in your household is sick or has diarrhoea.



If you have sickness or diarrhoea it may be caused by a germ; you must not handle food until you are better.

Typhoid and paratyphoid fever are rare but serious illnesses. You must consult your doctor and tell your boss if you think you have been in contact with either of these diseases.

You have a legal duty to tell your manager if you have diarrhoea, sickness, or infectious disease.



## **Checklist for good hygiene practice**

- Wash and dry your hands thoroughly after going to the WC and before handling food.
- Do not handle food if you are suffering from diarrhoea and/or vomiting
- Tell your manager if you or anyone in your household is ill.
- Tell your manager if you have infected cuts or sores.
- Ensure that cuts, sores and abrasions on exposed skin are totally covered: use bright coloured waterproof coverings (blue).
- Do not spit, smoke, eat or chew gum when you are handling food.
- Personal hygiene is very important. Daily showering and clean uniform are essential.
- Keep your workplace, especially surfaces and utensils, clean.
- Tell your manager if you were ill while on holiday.
- If you have to visit the doctor, remember to say you are a food handler.