

PERSONAL HYGIENE

Checklist for food handlers

- ✓ Be clean. Personal cleanliness is essential when working in food preparation areas.
- ✓ Wear clean, readily washable work clothing. Work clothes should not be worn outside of the food-service establishment.
- ✓ Keep hair and /or beards clean and under control.
- ✓ Wash hands often with soap and warm water before starting work. Always wash hands after using the toilet and whenever hands become soiled.
- ✓ Cut finger nails short and keep them clean at all times.
- ✓ When working with food, use tools such as ladles, tongs, or scoops instead of hands whenever possible.
- ✓ Do not eat, drink, chew gum or smoke when handling food.
- ✓ Do not brush teeth or hair, apply cosmetics, or change clothing in the food preparation area.