

PERSONAL CLEANLINESS

Food service workers are the most important factor in preventing food borne illness. Humans carry bacteria *all the time*. Because they handle food, care must be taken to prevent bacteria from entering the food.

WASH HANDS THOROUGHLY AND FREQUENTLY

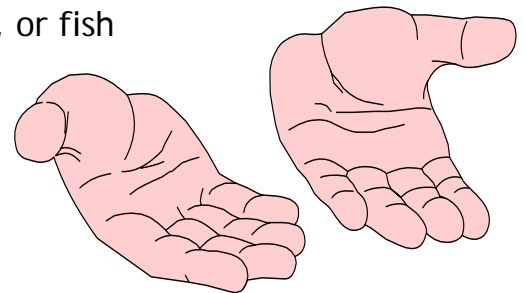
Thoroughly means:

- Rinse hands and exposed portions of arms with clean, running, warm water
- Lather with liquid soap and rub hands together vigorously, especially under the nails, between fingers, backs of hands and exposed portions of arms
- Count to 20 or sing your favorite song
- Rinse fingers, hands and arms thoroughly under clean, running, warm water
- Immediately dry hands with paper towel or other approved method
- Turn off water with paper towel



Frequently means:

- Before starting work
- Before donning gloves for working with food
- After using the toilet room
- After break time and after smoking
- After coughing, sneezing, or blowing the nose
- After chewing gum or toothpicks
- After touching head, hair, open wounds, sores, nose
- After and between touching raw poultry, meat, or fish
- When changing job assignments—
washing dishes, equipment or utensils
taking out trash, mopping floors, etc.
- After touching chemicals
- During food preparation as needed



Although bare hand contact of ready to eat foods is prohibited, disposable plastic gloves can give foodservice workers a false sense of security. Employees often abuse gloves, cross contaminating food unintentionally. Employees should change and destroy gloves as often as they would wash their hands. Wearing gloves to handle raw meat, then performing another task causes cross contamination.