

# Personal Hygiene



Good personal hygiene is your first step to good health and helps keep your products and customers safe.

## Hand Washing

- Wash with soap and water as hot as you can tolerate
- Lather, rub, and rinse for 20 seconds
- Dry with a disposable towel or air dryer
- Don't touch faucet handles to turn off water; use towel or your wrist



## Illness

- If ill, contact manager and stay home (according to your store's policy)
- If sneezing or coughing, cover your mouth and nose with tissue
- If tissue is not available, sneeze or cough into your shoulder

## Smoking

- Smoke, eat, or drink only in designated areas
- Wash your hands before returning to work



## Hair

- Keep hair clean
- Restrain hair and wear hat according to your store's policy

## Clothing/Apron

- Start your shift with clean uniforms; change as necessary
- Don't wipe your hands on them
- If your apron gets soiled, put on a clean one

## Handling Money

- Customers often think money is dirty
- Best not to handle money, then food
- Wash hands after handling money



## Glove Use

### Use Gloves

- For all food preparation and handling
- To cover a cut or bandage
- When working with chemicals
- When serving customers

### Change Gloves Between

- Handling different types of foods
- Handling raw and cooked foods
- Before serving next customer
- Don't rest gloved hands on cases



Focus on Handwashing

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