

Proper Personal Hygiene

According to the Centers for Disease Control and Prevention,



**1 in 4
foodborne illness
outbreaks is
linked to poor
personal hygiene,
generally
unwashed, or
poorly washed
hands.**

Definition-

Practicing good personal hygiene is the key to preventing a foodborne illness from occurring. Most foodborne illnesses are transmitted by people to food.

Information-

These are the steps that if followed will help in preventing a foodborne illness from occurring.

Process for Proper Personal Hygiene-

1. Begin with proper hand washing – washing hands often and frequently is the key.
2. Maintain personal cleanliness and avoiding unsanitary habits and actions.
3. Wear disposable gloves properly and when handling ready-to-eat foods, especially if wearing a band-aid.
4. Change food handler gloves when changing from one task to another and when gloves become soiled or torn. Hands must be washed before putting on a new pair of food handler gloves.
5. Clean and sanitize food contact surfaces between uses and tasks.
6. Never touch raw food and then touch ready-to-eat foods without first washing hands and changing food handler gloves.
7. Remember you are the key in helping prevent foodborne illnesses from occurring.

You Should Know

1. What should you do before starting work and many times through out the day?
2. How often should you change your gloves?
3. What do you need to do to avoid cross-contamination from taking place?