

Food safety

Basic rules for good personal hygiene and health



HAND HYGIENE

Wash your hands for at least 15 seconds before any type of contact with food. Dry your hands with a hygienic drying agent (e.g. disposable paper).

Also think about hand hygiene after every toilet visit, blowing your nose, touching raw food, handling waste, etc.

WORK WEAR

Do not wear work clothes outside the workplace. Disposable aprons keep your clothes clean for longer, but have them washed regularly.

If possible, go for white clothing, on which dirt immediately becomes visible. Long sleeves prevent your skin from coming into contact with food products.

HAIR

Tie long hair together and wear a headgear or hairnet to prevent it from getting into food.



ACCESSORIES



Avoid watches, jewellery, artificial nails and nail polish in the workplace. These are often hotbeds of dirt and germs. Preferably keep your nails short and clean.

DAILY ACTIONS



Do not smoke, drink or eat in places where food is manipulated. Also avoid coughing, sneezing, picking your nose, spitting, finger tasting and touching your face or hair.

HEALTH

You feel sick?

- See your doctor. Even innocent diseases can cause food safety problems.
- Do you (or the person you live with) suffer from diarrhoea or nausea? Report it to your employer.

You have a cold?

- Use paper handkerchiefs.
- Wash your hands after you blow.

You have a wound?

- Cover open wounds with a water-repellent plaster.
- Use eye-catching colour patches. That's how you notice when they end up in the food.