

PERSONAL HYGIENE FOR FOOD HANDLERS

DO's

Hair tied and tucked in a hat or hairnet

No jewellery, perfume or aftershave

Wear suitable, neat and clean clothes

Cuts covered with a waterproof, brightly coloured plaster

Gloves changed regularly, especially between tasks

Repair or replace torn clothes

Wear dedicated shoes

DON'Ts

Hair not tied up /covered by a hat or hairnet

Earrings, jewelery, and other accessories

Dirty clothes

Accessories

Exposed/ bleeding wound

Long nails with varnish

Torn clothes

Wearing outdoor shoes



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