

PERSONAL HYGIENE:

Introduction:

Personal hygiene is a very essential factor with regard to good production. As we know bacteria are to be found in and out of our body, and they can be transferred on to anything with which the body comes in contact, so special working in the kitchen. Employees are the most important link in preventing foodborne illness. Good personal hygiene, including proper and frequent handwashing is the best way to prevent foodborne illness.

Good personal hygiene also makes good business sense. Customers like to see food handling staff who take hygiene seriously and practice safe food handling.

Here are some of important points to maintaining the personal hygiene:-

- A. **Bathing**:- Regular bathing at least once a week preferably a daily both is essential otherwise germs can be transferred on to the cloths and so on to food.
- B. **Hands**:- Hands must be thoroughly washed rings, watches and jewelers should not be worn necessary, because the practical of the food. Finger, nails should always be kept clean and cut in time.

Wash your hands after:

- i. going to the toilet
 - ii. handling raw food
 - iii. blowing your nose
 - iv. handling garbage
 - v. touching your ears, nose, mouth or other parts of the body
 - vi. smoking
 - vii. every break
 - viii. handling animals.
- C. **Hair**:- Hair should be washed regular and kept-covered and never be used comb or touch in the kitchen, as germs could be transferred via hands on to the food.
Employees such as counter staff, hostesses, wait staff, and bartenders may not be required to wear hair restraints if they present a minimal risk of contaminating exposed food, clean equipment and utensils, and unwrapped single-service or single-use articles.
 - D. **Nose**:- Nose should not be touch when could it each handle.
 - E. **Mouth**:- Mouth or lips should not be touched by the hand or utensil which may come into contact with food. Mouth, ear holes and teeth should not be touched when you worked in your kitchen.
 - F. **Feet**:- As the food handler is standing for long hours so care of food is important. It makes a vast difference to the efficiency and contentment of the kitchen worker.

G. **Clothing**:- The staff should be warred clean white cloth and under cloth and use for holding dishes or other work should also be kept clean.

Keep spare personal clothing and other personal items away from food handling and storage areas. Employers must provide adequate storage areas for employee's personal belongings. If employees routinely change clothing at the establishment, a room or area must be designated and used for that purpose. Such changing areas must be separate from food, clean equipment and linen.

H. **Cosmetics**:- Cosmetics may be used in moderation but the hand should be washed well after work.

I. **Cuts, Wounds, and Sores**:- Any cuts, wounds, or open sores on the hands and arms must be completely covered by a waterproof bandage. Wear single-use gloves or finger cots over any bandages on the hands and fingers.

Prevent food poisoning by practicing good personal hygiene:

- a. Thoroughly wash and dry your hands before handling food, and wash and dry them again frequently during work.
- b. Dry your hands with clean towels, disposable paper towels or under an air dryer.
- c. Never smoke, chew gum, spit, or eat in a food handling or food storage area.
- d. Never cough or sneeze over food or where food is prepared or stored.
- e. Wear clean protective clothing, such as an apron.
- f. Keep your spare clothes and other personal items away from where food is stored and prepared.
- g. If you have long hair, tie it back or cover it.
- h. Keep your nails short so they are easy to clean, and don't wear nail polish as it can chip into the food.
- i. Avoid wearing jewelers, or only wear plain banded rings and sleeper earrings.
- j. If you have cuts or wounds, make sure they are completely covered by a waterproof wound strip or a bandage. Use brightly coloured wound strips, so they can be seen easily if they fall off.
- k. Wear disposable gloves over the top of the wound strip if you have wounds on your hands.
- l. Change disposable gloves regularly.
- m. Advise your supervisor if you feel unwell and don't handle food.