

# FOOD SCIENCE & HYGIENE

## Employee Health & Hygiene



# How food handlers can contaminate food

- They have been diagnosed with a foodborn illness
- They show symptoms of gastrointestinal illness
- They have infected lesions
- They live with or are exposed to person who is ill
- They touch anything that may contaminate their hands

# Sick Employees

People can carry diseases that may contaminate food....the law says the following;-

**EUROPEAN AND INTERNATIONAL LEGISLATION PROHIBIT ANY PERSON WHO IS INFECTED WITH A DISEASE WHICH CAN BE TRANSMITTED BY FOOD TO WORK AS A FOOD HANDLER AS LONG AS THE DISEASE IS IN A COMMUNICABLE STAGE**

# Sick Employees, continued

It is the responsibility of the employee to inform the person in charge of such illness.

It is the responsibility of the person in charge to ensure compliance with this requirement and notify health officials if a disease or outbreak is suspected

# Normal Flora

People normally carry some bacteria on or in their bodies. these are called  
"Normal Flora"

Most people don't know that they are there

Just by blowing the nose is enough to contaminate your hands, and then the food

# Transient microorganisms

Transient microorganisms are found on the body especially the hands,

Transient microorganisms can be picked up during contact with other objects like utensils and equipment

# Possible Hand Contamination

- Sneezing into hands or Scratching
- Cuts that may be infected
- Band-aids, bandages
- Going to the bathroom
- Long, painted, or artificial fingernails
- Wearing jewellery
- Stroking pets
- Touching mouth whilst smoking or eating
- Using common towel, soiled cloths, etc

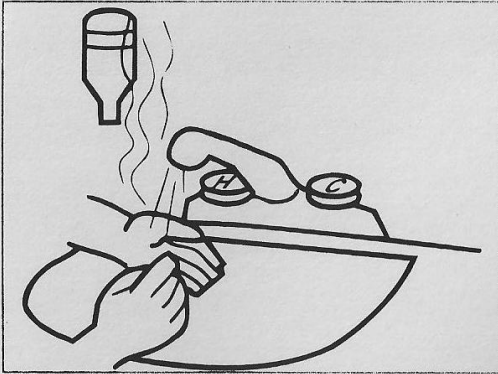
# Washing Hands

Recommended steps to ensure clean hands;

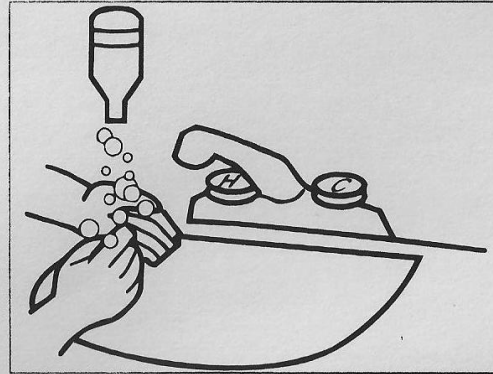
1. Wet hands with hot running water
2. Apply soap to form lather
3. Scrub hands for at least 20 seconds
4. Clean under fingernails
5. Rinse thoroughly under running water
6. Dry using clean paper towel, or air dry



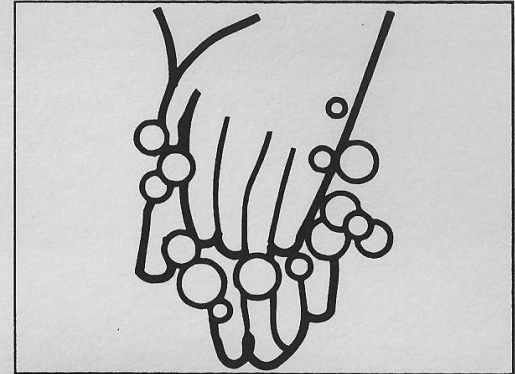
# Proper Handwashing / La Forma Correcta de Lavarse las Manos



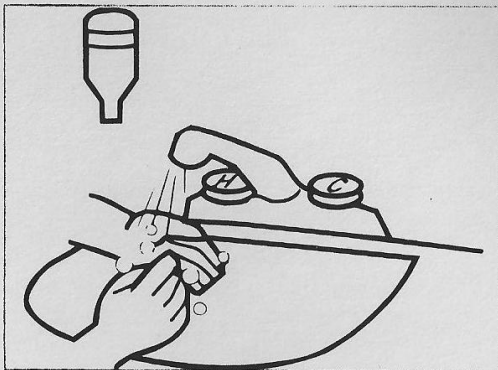
1. Use warm water.  
Usa agua caliente.



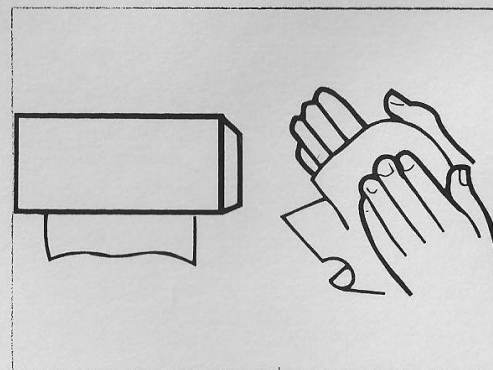
2. Moisten hands/ apply soap.  
Moja tus manos y aplique jabón.



3. Rub hands together for 20 seconds.  
Frota tus manos por 20 segundos.



4. Rinse thoroughly.  
Enjuágate bien.



5. Dry hands.  
Seqa tus manos.

# Hand sanitizers

- Hand sanitizers do **not** substitute for hand washing
- Hand sanitizers can **only** be used after hands have been thoroughly washed and dried

# When to wash hands

- Before entering a food area
- Before handling food
- After handling raw food
- After touching the hair, face, or body
- After coughing or sneezing
- After using the toilet
- After eating, drinking, smoking
- After handling garbage soiled equipment
- After cleaning operations
- After touching outdoor clothes and belongings

# Injuries

All injuries such as cuts, abrasions, and burns should be treated immediately especially on hands.

Injuries can become infected and may contaminate food, equipment and utensils

Plasters, and bandages may also fall into food, therefore rubber or plastic gloves should be worn when handling food.

# GOOD HYGIENEIC PRACTICES

- Do not smoke, chew gum or eat in food preparation and dishwashing areas
- Always Drink from a closed container
- Never cough or sneeze near food, equipment or utensils
- Never use your finger to taste food
- Do not lick your finger to open plastic bags

# GOOD HYGIENEIC PRACTICES

## continued

- Avoid wearing jewellery
- If hands are bandaged, wear a clean gloves
- Keep fingernails short
- Wash regularly, and change cloths frequently
- Do NOT wash hands in food preparation sinks
- Do NOT dry hands on common towel, or apron

# PROTECTIVE CLOTHING

Never wear your outdoor clothing and shoes as this may bring bacteria into food areas

- Always wear full whites including apron and head covering
- It is recommended to wear protective, comfortable foot wear, with none-slip soles, and waterproof uppers.