

# Health and hygiene

## Policy

Food handlers' personal hygiene practices and cleanliness must minimise the risk of food contamination.

The most important things food handlers need to know are that they must:

- do whatever is reasonable to prevent their body, anything from their body or anything they are wearing, coming into contact with food or food contact surfaces;
- do whatever is reasonable to stop unnecessary contact with ready-to-eat food;
- wear clean outer clothing, depending on the type of work they do;
- make sure bandages or dressings on any exposed parts of the body are covered with a waterproof covering;
- do not eat over unprotected food or surfaces likely to come in contact with food;
- do not sneeze, blow or cough over unprotected food or surfaces likely to come into contact with food;
- do not spit or smoke where food is handled; and
- do not urinate or defecate except in a toilet.

## Hand washing

Food handlers are expected to wash their hands whenever their hands are likely to contaminate food. This includes washing their hands:

- immediately before working with ready-to-eat food or after handling raw food;
- immediately after using the toilet;
- before they start handling food or go back to handling food after other work;
- immediately after smoking, coughing, sneezing, using a handkerchief or disposable tissue, eating, drinking or using tobacco or similar substances; and
- after touching their hair, scalp or a body opening.

## How should food handlers wash their hands?

1. Use the hand washing facilities provided by the business;
2. Clean hands thoroughly using soap;
3. Use warm running water; and
4. Dry hands thoroughly on a single use towel or in another way that is not likely to transfer disease-causing organisms onto the hands.

The food safety supervisor must also oversee personal hygiene requirements that aim to prevent contamination of the food resulting from the actions of a person handling food. Preventative measures include:

- washing hands;
- wearing clean clothing;
- avoiding contact with food; and
- covering wounds.

## The health of food handlers

It is very important that people who may be suffering from or carrying certain illnesses or suffering from some conditions do not handle food or food contact surfaces. This is particularly important if they are likely to contaminate food while they are working.

If a food handler has....	The food handler will....
One or any of the following symptoms of foodborne disease: <ul style="list-style-type: none"> <li>• diarrhoea</li> <li>• vomiting</li> <li>• sore throat with fever</li> <li>• fever</li> <li>• jaundice</li> </ul>	<ol style="list-style-type: none"> <li>1. Immediately inform the food safety supervisor</li> <li>2. Cease handling food or any activity which may contaminate food</li> <li>3. Not return to work until they have been symptom free for 48 hours</li> </ol>
Been diagnosed with any of the following foodborne diseases: <ul style="list-style-type: none"> <li>• Hepatitis A</li> <li>• Norovirus</li> <li>• Typhoid fever</li> <li>• Shigellosis</li> <li>• Staphylococcal or Streptococcal disease</li> </ul>	<ol style="list-style-type: none"> <li>1. Cease all contact with food and food contact surfaces</li> <li>2. Not return to food handling duties until medical clearance is provided</li> </ol>
An exposed wound or cut or infected skin sore	Cover with a bandage and highly visible waterproof colouring
Any discharge from their ears, nose or eyes	Take medication to stop any nasal or other discharge that may contaminate food

The business must not disclose any of the above medical information to anyone with the exception of an enforcement officer, without the consent of the food handler. The company will not use this information for any purpose other than to protect food from contamination.