

TOOLBOX PRACTICE GOOD PERSONAL HYGIENE

Event Supply Checklist

- Worker Attire/Behavior Policy
- Worker Health Policy
- Storage for worker's personal affects
- Planning Guide

Introduction

Foodborne illness outbreaks are often the result of food handlers with poor personal health and hygiene habits. It is important that everyone working at your food event understand and practice good personal hygiene--including washing hands, restraining hair, wearing clean clothing and not working while sick. A simple written worker health and hygiene policy will emphasize your commitment to food safety.

Objectives

Participants will:

1. Explain why individuals who are ill should never prepare and serve food
2. Wear proper/clean attire, when preparing and serving food
3. Develop a written worker health and hygiene policy

Teaching Aides

- What Do You See- What's Wrong With This Picture?
- Ill volunteer food workers scenarios
- Blank paper and pencils
- Copies of Planning Guide

Activities**Part A: Ill Food workers**

Distribute "Ill Food workers" scenarios. Review the scenarios in small or large group(s), address the questions and recommend solutions.

Discussion Point

Why is it risky to allow people who are sick to work directly with food?

Answers to questions in exercise

Scenario I

- ◆ Why shouldn't these two people work directly with food?
 - How illness is spread
 - Food/person/food
 - Person/food/person (this is the case here)
 - Harmful microorganisms could be in the person's nose (i.e. staph) or on their skin
 - Could sneeze on food
 - A person with an open wound could work if wound is properly bandaged and protected from contact with food
- ◆ What could these people do?
 - Take care of trash
 - Take orders/ money -but not handling food

Scenario II

- ◆ Why shouldn't Harry be allowed to work at the luncheon?
 - Harry is in need of medical attention. His open wound is most likely infected.
- ◆ How can food become contaminated from the wound?
 - The infected wound most likely contains pathogenic bacteria that could contaminate any food it comes in contact with and make someone sick.

Part B: Worker attire/behaviors

Review unacceptable personal behaviors that could cause the development and spread of a foodborne illness.

Discussion Points

1. Review handout, "What do you see--what is wrong with this picture."
2. Behaviors that reduce risk of foodborne illness

Part C: Developing personnel policies

Develop a worker attire/behavior policy

- Should be distributed and discussed before the event with workers
- The policy should address the following
 - ❑ Clean and correct clothing and aprons for the job to be done. Dirty clothes can harbor harmful microorganisms.
 - ❑ Outer clothing, personal effects should be stored away from food preparation and serving areas
 - ❑ Wear limited jewelry-jewelry can harbor bacteria and/or fall into the food
 - ❑ No nail polish or fake nails--may harbor bacteria and fall in food
 - ❑ No body piercing
 - ❑ Closed toe rubber soled shoes--no sandals or high heels
 - ❑ No smoking or gum chewing
 - ❑ Do not eat or smoke in areas where food is prepared or served
 - ❑ Hair completely covered; beards and mustaches trimmed short or covered with nets.

- ❑ Hands are washed after using the toilet and before handling food, after sneezing, coughing, or scratching, eating, smoking, handling raw foods, garbage or money.
- ❑ Utensils or single use gloves are used to handle any ready to eat foods.

Develop a worker health policy

- Should be distributed and discussed before the event with workers
- The policy should address the following
 - ❑ Staying away when you are sick with a fever, bad cold, stomach bug, vomiting, diarrhea, if you are a carrier of any foodborne pathogens such as hepatitis A or salmonella.
 - ❑ How to properly bandage and cover open cuts or wounds.
 - ❑ When to assign someone to another job where they will not be handling food (cold, runny nose, infection).
 - ❑ How and when to wash hands.

Credits

1. What Do You See?, ServSafe Employee Guide, National Restaurant Association Educational Foundation, 2000, p 12.

S.A.F.E HARBOR CURRICULUM TOOLBOX

WORKER HEALTH AND HYGIENE

Scenarios- III Volunteer Food Workers

Scenario I

It's the first day of the fall festival- the workers arrive at their assigned times to begin operation of your food booth. You notice that John has a cut on his left hand that is bandaged and Yolanda is sneezing. What do you do? These are dedicated volunteers who really want to help.

Discussion

1. Why shouldn't John and Yolanda work in the food booth?
2. What other jobs could they do to help out at the event?

Scenario II

The volunteers assigned to prepare the salads for the community senior citizen's luncheon begin to arrive. You notice that Harry has a scabbed over cut on his left hand that has started to ooze some green pus-like liquid. He also mentions that he thinks he has a fever. What do you do? Harry is a very dedicated volunteer who really wants to help.

Discussion

1. Why shouldn't Harry be allowed to work at the luncheon?
2. How can food become contaminated from the wound?



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1940, in cooperation with the U.S. Department of Agriculture, Kirklyn M. Kerr, Director, Cooperative Extension System, University of Connecticut, Storrs. An equal opportunity program provider and employer. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, Stop code 9410, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 202.720.5964.

WHAT DO YOU SEE?

What's wrong with this picture?

