

## **INSTRUCTIONS FOR FOOD HANDLERS**

You can pass on germs when you handle food, to prevent this you must always wash your hands and tell your supervisor if you are unwell.

### **Your responsibilities and checklist for good hygiene practice as a food handler**

Wash your hands thoroughly using warm water and soap. Don't forget to dry your hands thoroughly as wet hands spread germs far more easily:

After using the toilet

Before starting work and handling food

After breaks

After handling raw food such as meat

After handling waste and touching bins

After cleaning

After changing dressing or touching open wounds. Use bright coloured waterproof coverings for cuts and grazes

After touching animals or pets

After eating or drinking

After blowing your nose

After handling cash

Do not spit, smoke eat or chew gum when you are handling food.

It is a legal requirement for every person working in a food handling area to maintain a high degree of personal cleanliness and to wear suitable, clean, and where necessary, protective clothing.

If you have sickness or diarrhoea a germ may cause it so you must not handle food until you are better.

### **Tell your Supervisor**

If you have infected cuts or sores (red swollen, pus containing sores or cuts);

If you have been sick (vomiting) or have diarrhoea;

Do not handle food if you are suffering from diarrhoea and/or vomiting;

Feel unwell;

Were ill while on holiday; and

If any one in your household has diarrhoea

Typhoid and paratyphoid fever are rare but serious illness. You must tell your supervisor if you think you have been in contact with either of these diseases.

If you have to visit the doctor remember to say you are food handler.