Working with food? What you need to know before you start

It is easy for you to spread bacteria to food without realising. These bacteria are invisible and could make customers ill.

Your personal hygiene is important. This is what you need to do to keep food safe:

**Before you start to work with food**

- Always wash your hands
- Wear clean clothes
- Wear an apron if handling unwrapped food
- Take off watch and jewellery
- It is a good idea to tie hair back and wear a hat
- Tell your manager if you have vomiting or diarrhoea

**How to wash hands**

1. Use warm water and soap
2. Make a lather
3. Rub back of hands and fingers
4. Rub in between fingers, round thumbs and fingertips
5. Rinse with clean water
6. Dry hands thoroughly on a disposable towel, turn off the tap with towel
When to wash hands

Before –

Before touching ready-to-eat foods

After every break

After going to the toilet

After every break

After touching raw meat, poultry or eggs

After touching a cut or changing a dressing

After emptying rubbish

After cleaning

When you are working with food

No smoking

No eating or drinking

Avoid touching your face, coughing or sneezing over food

Cover cuts with a brightly coloured waterproof dressing