

# Working with food?

## What you need to know before you start



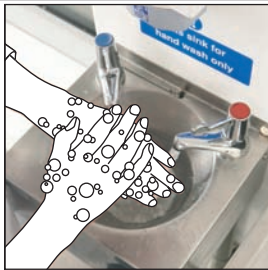
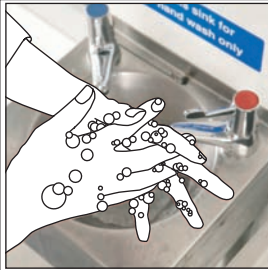


It is easy for you to spread bacteria to food without realising. These bacteria are invisible and could make customers ill.

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

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

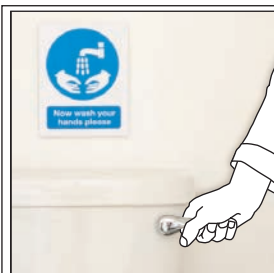
## When to wash hands

### Before –



Before touching  
ready-to-eat foods

### After –



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