



# PERSONAL HYGIENE

## M A T T E R S

Microorganisms carried by people are one of the major sources of food-borne illness.



### HAIR CONTROL

Human hair can be both a physical and microbiological contaminant that can get into food (e.g., hair in soup).

Headgear will help to:

- Keep hair out of food and off of food contact surfaces.
- Keep people from touching their hair.

All hair should be covered by headgear that keeps hair off of the forehead and the back of the neck. Hats and hairnets are both acceptable forms of headgear.



### UNIFORM, CLOTHING, AND APRONS

When clothing or aprons look dirty, change them immediately. Dirty clothing may carry germs that can easily spread. Wear light coloured clothing since it's easier to see when clothing gets dirty.

All employees in a food premises must:

- Be clean (bath or shower before going to work).
- Wear clean outer clothing.



### HANDS AND NAILS

Hands need to be cleaned well to keep dirt and germs from being transferred to food.

- Keep nails well trimmed.
- Don't wear nail polish as it can chip and fall into food.
- Take care of hangnails as they can easily get infected and spread germs to food and other items touched.
- Avoid wearing rings, bracelets, and wrist watches as dirt and germs can get easily trapped under these items making thorough handwashing harder.

**It's important that food handlers follow good personal hygiene practices.**



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