PERSONAL HYGIENE
Checklist for food handlers

✔ Be clean. Personal cleanliness is essential when working in food preparation areas.

✔ Wear clean, readily washable work clothing. Work clothes should not be worn outside of the food-service establishment.

✔ Keep hair and/or beards clean and under control.

✔ Wash hands often with soap and warm water before starting work. Always wash hands after using the toilet and whenever hands become soiled.

✔ Cut finger nails short and keep them clean at all times.

✔ When working with food, use tools such as ladles, tongs, or scoops instead of hands whenever possible.

✔ Do not eat, drink, chew gum or smoke when handling food.

✔ Do not brush teeth or hair, apply cosmetics, or change clothing in the food preparation area.