

Personal hygiene checklist



Personal health and hygiene are very important when handling food. The following checklist describes personal hygiene procedures needed to keep food safe.

- ✓ I wash my hands frequently and properly



- ✓ I cover cuts and sores with a bandage or dressing (eg BAND-AID®) and a waterproof covering (eg glove)



- ✓ I wear clean clothes and an apron over my clothes. I remove the apron when I leave the kitchen or food preparation area



- ✓ I tie back my hair or cover it with a hat or hairnet



- ✓ I keep my fingernails trimmed and clean



- ✓ I store my personal belongings away before preparing food



- ✓ I **do not** eat over unprotected food



- ✓ I **do not** sneeze, blow or cough over unprotected food



- ✓ I **do not** spit or smoke in food handling areas



- ✓ I **do not** wear jewellery or a watch (except wedding ring) when preparing food



- ✓ I **do not** prepare food if I have an infectious illness (eg diarrhoea, vomiting) or have a skin, eye, ear or nose infection

