

# Employee Hygiene and Cleanliness

## The Importance of Proper Hygiene

Employees can prevent foodborne illness by practicing good personal hygiene. This includes proper handwashing, maintaining fingernails, wearing hair restraints and proper clothing, minimizing jewelry worn, and eating/drinking/tobacco use in designated places only.

## Hand Washing

- Hands must be washed properly in a designated hand wash sink.
- Wash hands and exposed arms under running water for a minimum of 20 seconds, using soap, rinsing and drying completely with a single-use towel.



## Fingernails

- Fingernails must be kept trimmed and clean.
- Wearing fingernail polish or artificial fingernails when working with exposed food is not allowed unless the food employee is wearing single-use gloves.

## Hair Restraints

- Food employees are required to wear hair restraints such as hair nets, hats, and beard nets that are effective in keeping hair under control.

## Work Clothing

- Food employees must wear clean outer clothing to prevent contamination of food, equipment, utensils, linens, and single-service and single-use articles.

## Personal Item Storage

- Personal items (e.g., cell phones) must be kept away from food processing and food storage areas. Use lockers, dressing rooms or other designated places to store all personal items.

## Wearing of Jewelry

- Jewelry should be limited to a plain-banded ring only.
- Medical alert identification tags are permitted as necklaces.

## Wounds

- Cover all wounds completely. If a wound is oozing and cannot be covered, you are not allowed to work with food.

## Eating, Drinking or Using Tobacco

- Employees must eat, drink or use tobacco only in designated areas where contamination of food, equipment, utensils, linens, and single-service and single-use articles cannot occur.
- A food employee can drink from a closed beverage container (i.e., a cup with a lid and straw) if the container is handled to prevent contamination and stored in a manner to prevent possible contamination of food.

