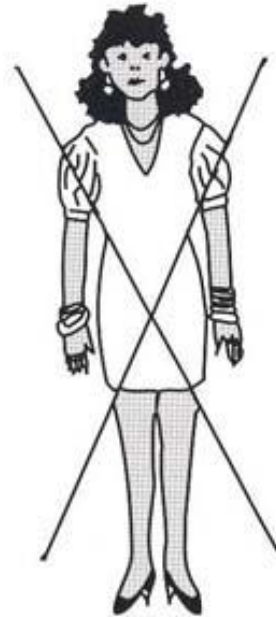
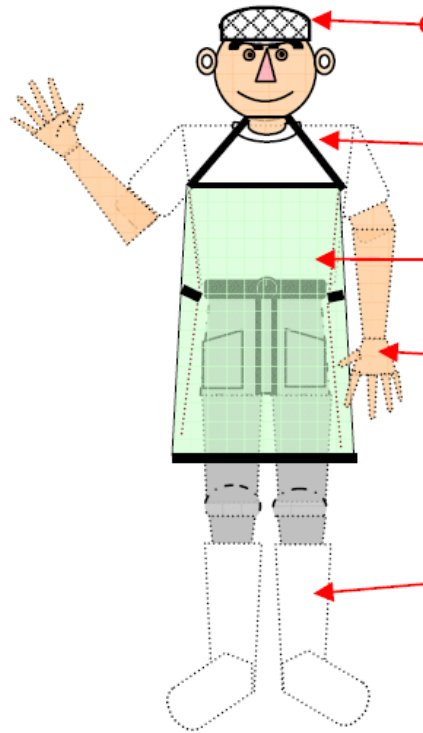


Personal Hygiene



Essentials of Personal Hygiene

DIRECT/INDIRECT FOOD HANDLERS MUST:

- **Maintain an appropriate degree of personal cleanliness**
- **Behave and operate in an appropriate manner**
- **Be free from illnesses and injuries**

PERSONAL CLEANLINESS

- **Personal cleanliness among workers like daily bathing and changing into fresh clean clothes, and good grooming must be encourage.**

PERSONAL CLEANLINESS

FOOD HANDLERS SHOULD:

- wear suitable protective clothing, head covering, and footwear

PERSONAL CLEANLINESS

PROTECTIVE CLOTHING



GOWN



GLOVES



HEAD CAPS



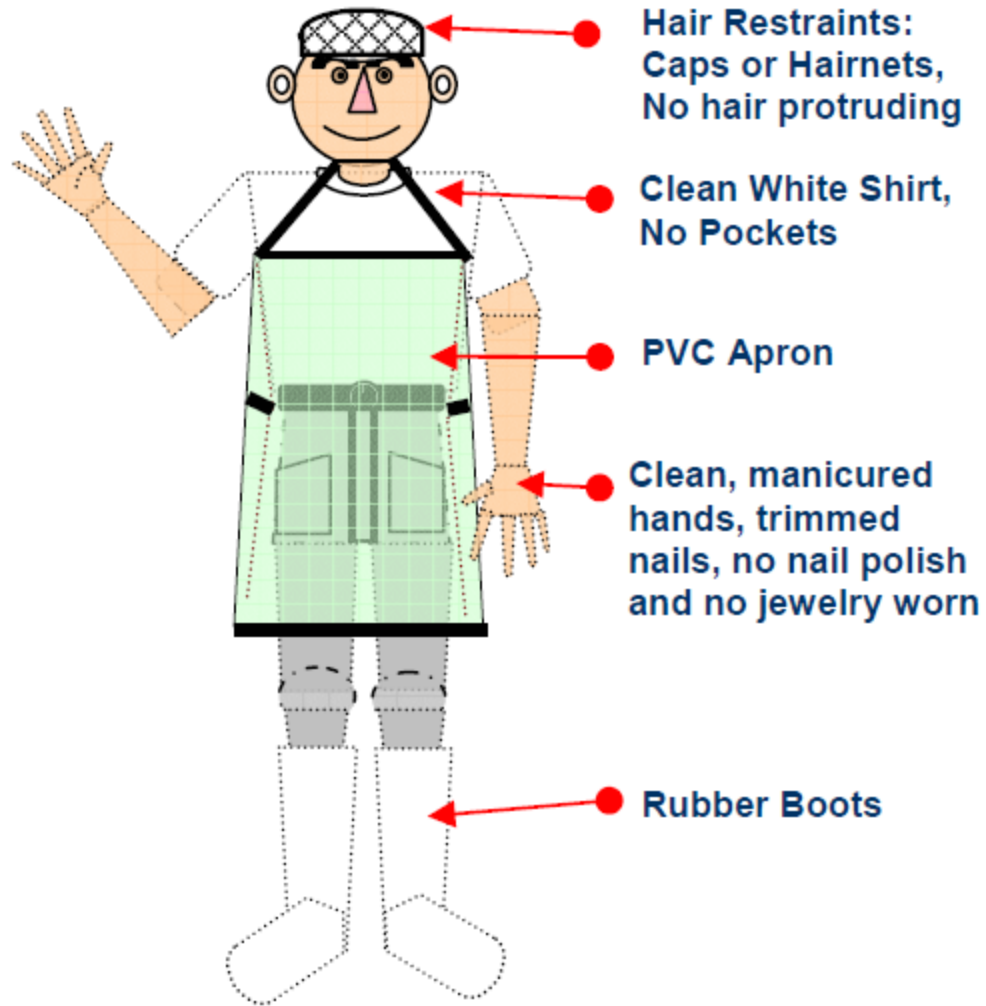
BOOTS



APRON



MASKS



PERSONAL CLEANLINESS

GLOVES

- **Wash hands before and after the usage of gloves.**
- **Disposable gloves should be changed as often as hands should be washed.**

PERSONAL CLEANLINESS



PERSONAL CLEANLINESS

PERSPIRATION

- It may contaminate the food, food-contact surfaces, hands, and clothing.
- Ideally, the processing facility should be maintained at cool temperatures to minimize perspiration.



PERSONAL BEHAVIOR

Food Handlers must refrain from behaviors which could result to food contamination such as:

- **Smoking**
- **Spitting**
- **Chewing or eating**
- **Sneezing or coughing over unprotected food**



PERSONAL BEHAVIOR

Personal effects such as:

- Jewelries
- Watches
- Pins or other items



SHOULD NOT BE WORN or brought into food handling areas.

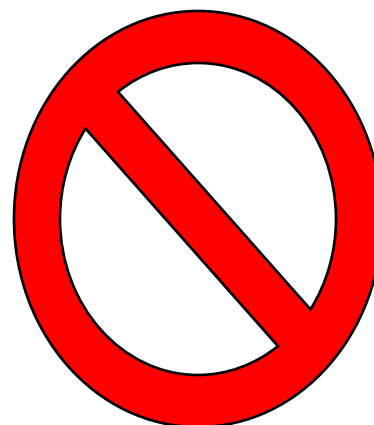
PERSONAL BEHAVIOR

Clothing, meals or snacks, or other personal belongings should be stored in lockers or break room areas that are located away from processing areas.

ILLNESS AND INJURIES



People known, or suspected, to be suffering from, or to be a carrier of a disease or illness likely to be transmitted through food **SHOULD NOT BE ALLOWED TO ENTER FOOD HANDLING AREA**



ILLNESS AND INJURIES

Workers with **illness and wounds** are loaded with **pathogenic microorganisms** that could easily spread to food, food packaging material and food contact surfaces

ILLNESS AND INJURIES

Regular annual medical check up of workers should be pursued to ensure that they do not have communicable diseases that may be transmitted through the food they process.

An **annual medical certification** of their health status is important.

ILLNESS AND INJURIES



WORKERS ARE **NOT ALLOWED TO HANDLE FOOD IF THEY HAVE:**

- Diarrhea
- Fever
- Sore throat with fever
- Vomiting
- Jaundice (yellow skin or eyes)
- Open skin and cuts and
- Boils

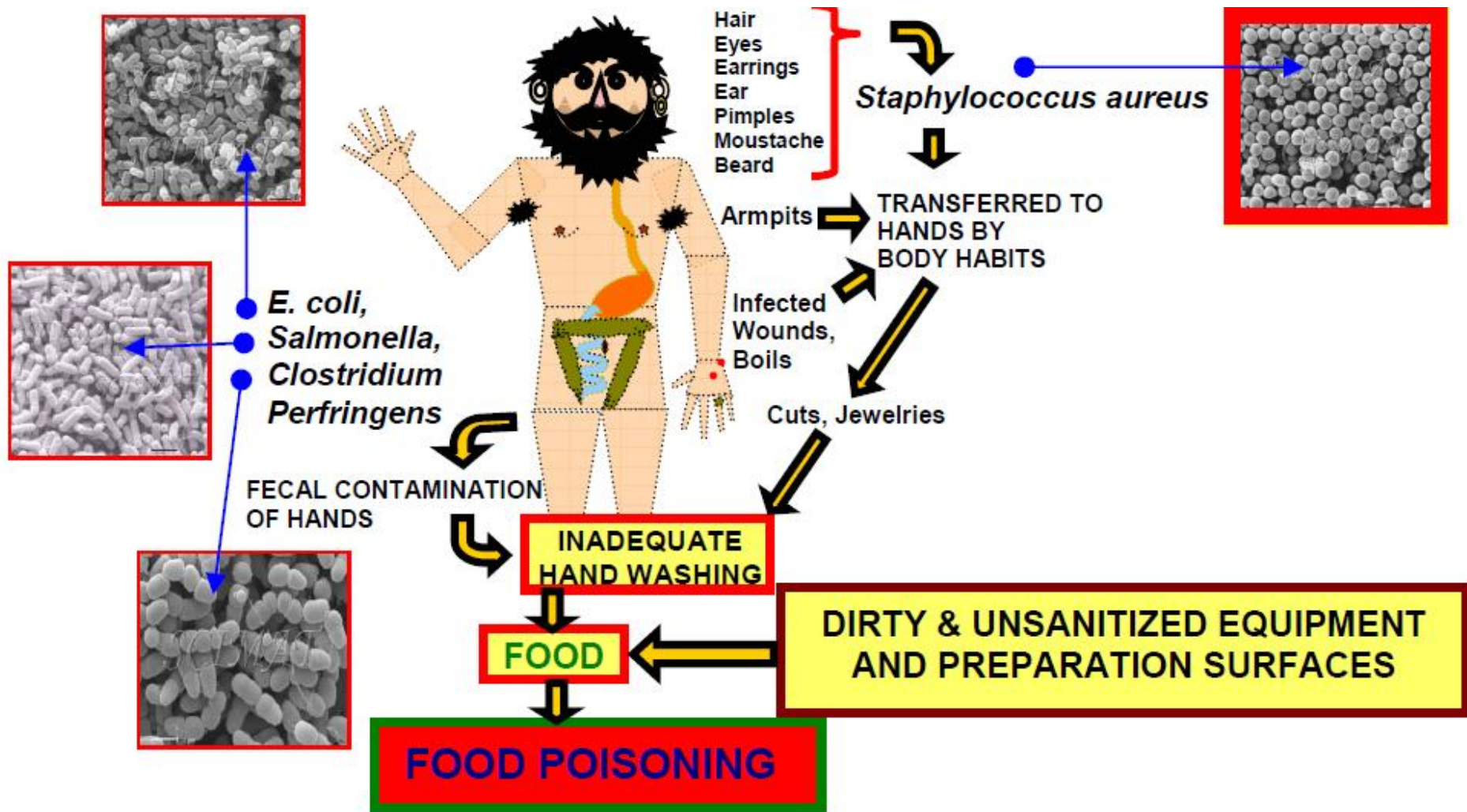
ILLNESS AND INJURIES



IN CASE OF ILLNESS AND WOUNDS:

- Infected workers should be **assigned to areas away from food handling** or advised to **stay at home**
- Those with injury, cut or burn should **use gloves** to protect the food and the injury, or be **assigned tasks that will not contaminate food**





Reminder!!!

**VISITORS to food manufacturing,
processing or handling areas should
adhere to**

**PERSONAL HYGIENE
PRACTICES**



ilocos region

Food Safety Team

WHAT'S WRONG WITH THIS PICTURE?





WHAT'S WRONG WITH THIS PICTURE?



dost



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Cook safe, Eat safe
THANK YOU



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