

# Food Safety and Food Hygiene

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## FOOD HANDLERS PLEASE OBSERVE THE FOLLOWING PRECAUTIONS

Remember that you are responsible for food safety and hygiene standards when preparing and serving food.

✓ **Wash your hands thoroughly:**

- when entering the kitchen;
  - before touching food;
  - after cleaning equipment, surfaces, etc.;
  - after touching raw food: particularly fresh meat, poultry, fish and eggs;
  - after using the lavatory;
  - after blowing your nose;
  - before serving food;
  - after handling waste/rubbish.
  - hands should be dried thoroughly on a disposable towel.
- ✓ If you suspect you may have any skin, nose, throat or bowel trouble then **YOU MUST NOT HANDLE FOOD.**
- ✓ Do not cough or sneeze over food; do not touch your face or hair, smoke, spit, sneeze, eat or chew gum when handling food.
- ✓ Wear clean clothes and a protective apron or overall, and keep hair tied back and covered, at all times.
- ✓ Use a waterproof dressing - preferably a blue one - on cuts, sores or abrasions and keep the dressing clean. Wear a thin rubber glove if necessary.
- ✓ Always use clean utensils suitable for the job in hand.
- ✓ Always use clean cloths for washing, wiping and drying.
- ✓ Do not use chipped or cracked crockery; put it on one side to be destroyed.
- ✓ Clean up as you go and wipe up spillages as they occur.
- ✓ Keep prepared foods covered until they are to be served.
- ✓ Do not place uncooked meat, poultry or fish near cooked foods unless they are securely wrapped.
- ✓ Keep fish, meat, vegetables or dairy products and foods containing them either below 8°C or, if they are cooked and waiting to be eaten hot, above 63°C.
- ✓ Keep the waste bin properly covered at all times.
- ✓ When you have finished your preparations, please wash and dry everything you have used and put it away and clean the sink, work surfaces and any spills on the floor.