

THE ESSENTIALS OF FOOD HYGIENE

1. Ensure that you always wear clean clothing and keep yourself clean.
2. Your hands must **always** be washed thoroughly – and in particular:
 - before handling food;
 - before starting work
 - after using the toilet;
 - after handling raw foods or waste;
 - after every break;
 - after blowing your nose.
3. If you have been suffering from any skin, nose, throat, stomach or bowel trouble (including sickness or diarrhoea or an infected wound), tell your supervisor, before you start work. You are breaking the law if you do not.
4. All cuts and sores should be covered with a waterproof, high visibility dressing.
5. Avoid unnecessary handling of food.
6. **Never** smoke, eat or drink in a food room, and never cough or sneeze over food.
7. If you see something wrong - tell your supervisor.
8. Ensure food is not prepared too far in advance of service.
9. Ensure that perishable food is kept either refrigerated or piping hot.
10. Keep the preparation of raw and cooked food strictly separate.
11. When reheating food ensure it gets piping hot.
12. Keep all equipment and surfaces clean. Clean as you go.
13. Follow any food safety instructions either on food packaging or from your supervisor.

These points can be amended to suit your food business. Not all points may be relevant to all businesses. They can be regarded as basic instruction to food handlers which they should read and understand before commencing work.

(The above information is based upon “Hygiene Awareness Instruction” which is contained in the Industry Guide to Good Practice: Catering Guide).