

Tips for Good Personal Hygiene at Work

Apparel:

- ❖ Always wear clean clothes while working in the kitchen. Change clothes if they become soiled, stained, or contaminated.
- ❖ Do not wear kitchen uniforms while travelling to work. Kitchen uniforms should be kept at work in a clean designated change area or brought to work in a clean bag each shift.
- ❖ Kitchen uniforms should be laundered in hot water after each shift to ensure they are clean and sanitary for the next shift.
- ❖ Do not use your kitchen uniform or apron to wipe your hands as this will cause contamination.
- ❖ Only wear closed-toed shoes while working in the kitchen.
- ❖ Do not wear jewelry or watches that may trap bacteria, prevent thorough hand washing, or fall into food items.
- ❖ Wear hair restraints such as hair nets or clean ball caps to keep hair from falling into food and keep long hair tied back securely.

Personal Hygiene:

- ❖ Always exercise good personal hygiene before coming to work in the kitchen which includes showering/bathing and washing your hair.
- ❖ Do not work in the kitchen if you are sick.
- ❖ Never touch your face or hair when you are handling food.
- ❖ If you wear gloves change them regularly and often. Change them between tasks and always wash your hands before and after donning gloves.
- ❖ Learn how to wash your hands properly and wash them often.
- ❖ Always wash your hands:
 - When you get to work or before you go to your work station
 - After you use the washroom
 - After you sneeze or cough
 - After breaks or smoking
 - After eating or drinking
 - After cleaning the kitchen
 - After taking out the garbage
 - After handling raw food
 - After using the telephone
 - After handling money
 - After coming in contact with any surface that has not been sanitized
 - After shaking hands, touching your hair or face, or touching someone else

Questions?

Contact your local Public Health Inspector at
807-468-3147



**Northwestern
Health Unit**

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