

Personal hygiene in the kitchen

Wash your hands. Washing your hands is one of the best ways to prevent harmful bacteria from spreading. Ensure that you wash them thoroughly using warm/hot water and soap.



Tie hair back. Tie back long hair and where necessary wear a hat, hair net or beard snood to prevent hair from falling into food.

Wear clean clothes. Any clothing that you wear, whether it be part of a staff uniform or protective clothing such as an apron or chef whites, must be kept clean.

Ensure you are fit to work. Only come to work if you are fit to do so. Report any illness to your manager and don't return to work until symptoms of diarrhoea/vomiting have stopped for at least 48 hours.

Leave accessories at home. Accessories such as necklaces, earrings and watches present an unnecessary risk as they can harbour bacteria which can spread to food.

