

Safe method:

Personal hygiene

It is important to follow good personal hygiene to help prevent bacteria from spreading to food.



Safety point	Why?
Avoid touching your face or nose, or coughing and sneezing over food.	Harmful bacteria can be spread from your face, nose or mouth to your hands and onto food.
Ideally you should not wear watches or jewellery when preparing food (except a wedding band).	Watches and jewellery can collect and spread dirt and harmful bacteria, or fall in the food.
Make sure your clothes are clean, and ideally wear an apron, when preparing food.	Clothes can bring dirt and bacteria into food preparation areas. Wearing clean clothes helps to prevent this.
Do not prepare any food if you have diarrhoea and/or vomiting.	People suffering from these symptoms often carry harmful bacteria on their hands and can spread them to food or equipment they touch.
Do not prepare food until you have had no symptoms for 48 hours.	Even if the diarrhoea and vomiting has stopped, you can still carry harmful bacteria for 48 hours afterwards.
Cuts and sores should be completely covered with a waterproof dressing, ideally a brightly coloured one.	This is to prevent bacteria from the cut or sore spreading to food. Brightly coloured dressings are easier to spot if they come off and fall into food.

Handwashing

Safety point	Why?
<p>You should always wash your hands properly before preparing food or touching ready-to-eat foods e.g. sandwiches.</p> <p>You should wash your hands after:</p> <ul style="list-style-type: none">• going to the toilet• touching raw meat/poultry/eggs• emptying bins• cleaning• touching a cut or changing a dressing• handling pets, their feeding bowls or other equipment• contact with potties, nappies and changing mats• cleaning up accidents (e.g. vomit or diarrhoea)• helping a child use the toilet• wiping or blowing your nose or a child's nose• outside activities e.g. after taking children to the park• touching dirty laundry	<p>Harmful bacteria can spread very easily from hands to food, work surfaces and equipment.</p> <p>Washing your hands properly at the right times helps to prevent this.</p> 

Washing hands effectively

Step 1:

Use warm water and soap.



Step 4:

Rub in between fingers, round thumbs and fingertips.



Step 2:

Make a lather.



Step 5:

Rinse with clean water.



Step 3:

Rub back of hands and fingers.



Step 6:

Dry hands thoroughly with a clean towel that you only use for drying hands.



Think twice!

- Make sure anyone else who prepares food for the children, or uses the kitchen, understands the importance of personal hygiene.
- Make sure children wash their hands before eating.

What to do if things go wrong

If you think someone who is helping you has not washed their hands, make sure they wash them straight away and emphasise how important it is to wash their hands when working with food.



Write down what went wrong and what you did about it on your action sheet.



Safe method completed: Date: _____ Signature: _____