



Cochise County Environmental Health

Employee Personal Hygiene

Preventing Hand Contamination

You can prevent contamination of food from hands by washing hands, eliminating bare hand contact with ready-to-eat food and covering open wounds.

Handwashing

How to wash:

1. Wet your hands
2. Apply soap
3. Rub your hands for 10 to 15 seconds
4. Rinse your hands well
5. Dry your hands
6. Keep your hands clean

The process must last at least 20 seconds.

When to wash:

- Before working with food
- Before putting on gloves
- As often as needed during food preparation and when changing tasks
- After touching soiled surfaces and body parts and whenever hands become contaminated
- After using the bathroom

Where to wash:

Only wash your hands in sinks designated for handwashing. **NEVER** use the 3-compartment sink or mop sink to wash your hands.

Wear gloves and use utensils

Prevent contamination of ready-to-eat food from bare hands by wearing disposable gloves or using utensils, deli tissue, spatulas or tongs. **Only use non-latex gloves.**

Cuts, Wounds and Sores

Completely cover any cuts, wounds, or open sores on the hands and arms with a waterproof bandage. Wear single-use gloves over finger cots or bandages. The PIC must restrict employees if they have an infected skin lesion or boil that is open or draining and not properly covered.

Hair, Fingernails and Jewelry

You must wear an effective hair restraint such as a hairnet, hat or scarf when handling food. Employees whose duties present a minimal risk of contaminating exposed food, clean equipment, utensils, and single service items may work without wearing a hair restraint. Glove use is required if you have painted or false fingernails. Do not wear jewelry on the arms and hands, except for a wedding band or other plain ring.

Eating, Drinking, and Tobacco

Eating, drinking or using tobacco in kitchen is prohibited because hands, food and food-contact surfaces may become contaminated. You are allowed to drink from a covered container. The beverage container must be stored as not to contaminated food contact / non-food contact surfaces.