

## How to?



## 6) Ensure correct use of team members facilities and personal appearance

### Why is this important?

Every person working in a food-handling area must maintain a high level of personal cleanliness. He or she must wear suitable, clean clothing and, where necessary, protective clothing.

### Team member facilities

There must be appropriate facilities to maintain adequate personal hygiene, including facilities to wash and dry hands hygienically, hygienic toilet facilities and changing facilities.

A team members toilet, washing and changing facilities must be available at the place of work. These should be kept clean, tidy and properly supplied at all times.

Team members should not have to change in an area containing a WC or other sanitary convenience.

**A sign requiring team members to wash their hands should be displayed in the toilet.**

### Personal Appearance

Food handlers must present for work in a clean state, including hair, clothing and body. A high standard of personal cleanliness is required, with particular concern for the hands and hair.

Team members should not touch their face and hair, smoke, spit, sneeze, eat or chew gum when they are handling food.

Fingernails must be short and clean.

Nail varnish and false nails must not be worn, this is to avoid possible physical contamination of food.

Jewellery should be kept to a minimum. The only types permitted are sleeper- type earrings and plain wedding rings.

Long hair must be tied back or enclosed within a hat or hair net.

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#### Check your understanding by:

Which items of jewellery are acceptable in the kitchen?

Are nail varnish and false nails allowed in the kitchen? Why is this?

Is getting changed in a toilet area appropriate?

#### You can tell it's correct if:

During food preparation all members of team members are evidently clean.

Team members are not chewing gum.

Team members wash hands with hot water and soap regularly.

Team members wash hands with hot water and soap after smoking.

#### Hints and tips:

Chefs and food assistants will provide a better reputation to customers if they are evidently clean and presented to a good standards.

The chances of complaints about team members hygiene will be reduced if basic principles are followed.