

# Points to Note

## While at Work

### Getting ready for work

- ✓ Take off watches, rings, earrings and accessories
- ✓ Wear clean and light-coloured uniforms or aprons
- ✓ Tie up long hair
- ✓ Wear hairnets and face masks
- ✓ Use bandages to cover wounds



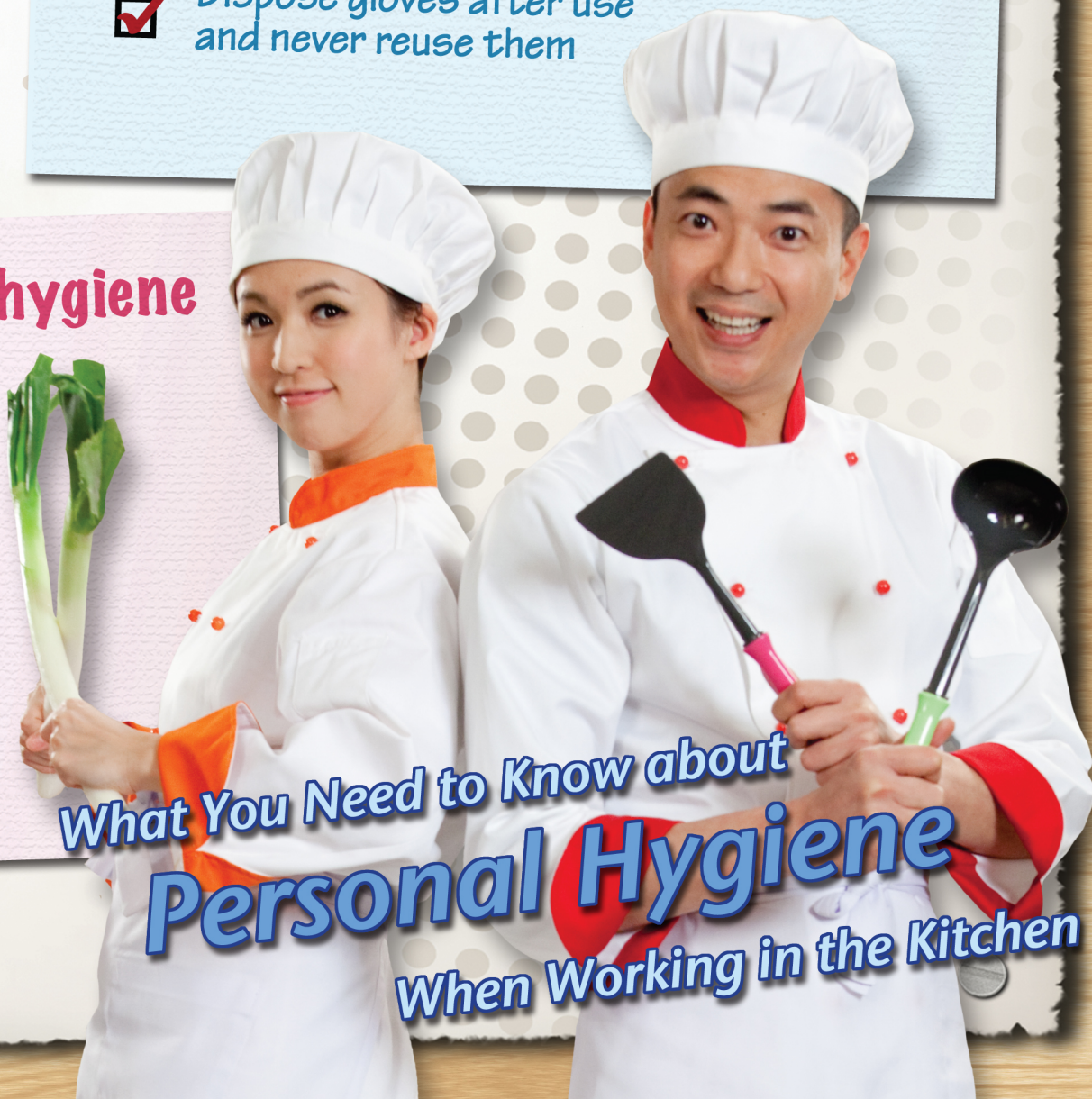
### While working

- ✓ Wash your hands often, especially
  - ◆ before and after handling food
  - ◆ after handling rubbish
  - ◆ after handling money and carrying out cleaning duties
  - ◆ after going to toilet
  - ◆ after coughing, sneezing or blowing your nose
- ✓ Rub your hands with liquid soap for 20 seconds when washing your hands
- ✓ Wear disposable gloves when handling ready-to-eat food
- ✓ Dispose gloves after use and never reuse them



### Maintaining good personal hygiene and cleaning habits

- ✓ Do not handle food if you are sick or have diarrhoea / vomiting
- ✓ Adopt good practices
  - ◆ Do not cough or sneeze on food
  - ◆ Keep fingers from touching food when serving
  - ◆ Use clean towels to wipe utensils



What You Need to Know about  
**Personal Hygiene**  
When Working in the Kitchen