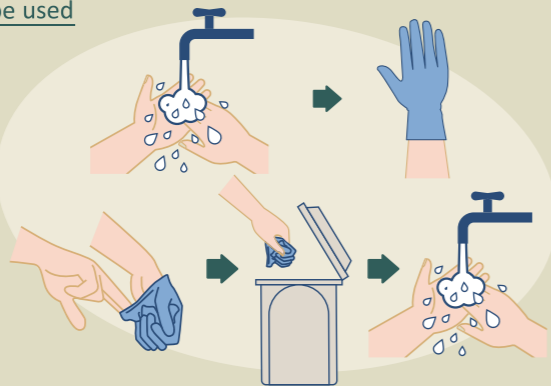


Use of disposable gloves

Disposable gloves aid in the safe handling of food, particularly when wounds or cuts on the hands are present, or when handling ready-to-eat food such as sandwiches and salads. Always keep in mind that disposable gloves cannot be used in place of hand washing. Disposable gloves should be used in the following ways:

- Wash hands thoroughly before wearing, removing and changing gloves.
- Discard gloves after use and do not reuse them.
- Change gloves at the appropriate times:



Between handling raw and cooked foods



After completing each task (e.g. handling garbage)



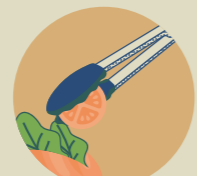
When gloves are torn or soiled



When gloves are thoroughly wet with hand sweats



When switching jobs or shifts



Using tools such as food tongs can also avoid bare-hand contact with foods

Mobile Phones

While mobile phones have become an integral part of our everyday lives, bacteria from the phone are likely to be transferred to our hands and then to our food, resulting in cross-contamination. Therefore, food handlers should practise good personal hygiene:



Wash hands after touching your mobile phone



Do not use your mobile phone while preparing food



Do not use your mobile phone while in the toilet



Frequently disinfect your mobile phone with alcohol-based wipes or sprays

Proper hand hygiene is essential to **prevent food poisoning**. All food handlers should **wash their hands thoroughly before handling food**. Our hands can be contaminated with harmful germs that are invisible to the naked eye, and contaminate food, utensils, and work surfaces through touch. Effective hand washing can help prevent this from happening.

Wash your hands with the following conditions:



Hand-washing Facility



- 1 Liquid dispenser and liquid soap
- 2 Disposable paper towel
- 3 Sensor tap or non-touch tap (e.g. operated with a foot or elbow pedal)
- 4 Continuous supply of hot and cold water
- 5 Pedal-operated lidded rubbish bin
- 6 Hand-washing poster (attach the back side of this pamphlet)

Alcohol Hand Sanitisers

It is recommended to wash hands with liquid soap and water as they work more effectively at removing grease, dirt and killing foodborne microorganisms.



HAND WASHING GUIDELINE

FOR FOOD HANDLERS



Before handling foods, before and after using hand gloves, remember to wash hands with liquid soap for 20 seconds.



'7 Steps to HandWashing' Video

- 1 Pull sleeves up to the elbows
- 2 Wet hands under running water
- 3 Apply liquid soap
- 4 Rub hands thoroughly for 20 seconds, including the forearms, wrists, palms, back of hands, fingers and under the fingernails
- 5 Rinse thoroughly
- 6 Dry with a paper towel and avoid using a wiping cloth
- 7 Use a paper towel to turn off the tap if not automatic or foot operated



Avoid using a wiping cloth to dry hands.



Wash hands instead of using alcohol sanitisers before handling foods.



Change gloves properly as needed.



Wash hands after touching personal belongings.