

**In a nutshell:** Clothing and jewelry might potentially contaminate food. Proper work attire can help limit the risk of food contamination during preparation.

Clothes and jewellery can be a source of food contamination. The appropriate clothing for a food handler should include:

- Long hair should be tied up. If using a cap / hair net, make sure it covers the hair entirely to prevent hairs from falling into food.
- Working clothes should preferably be light-coloured and should be worn solely in the work area.
- Wear a mask and make sure it covers the nose and mouth.
- Working clothes and aprons should be clean at the beginning of a work shift. Do not wipe hands on an apron.
- Comfortable closed toe shoes should be worn exclusively in the work area.
- Keep fingernails short and clean. Do not wear nail polish or acrylic nails.
- Avoid wearing jewellery (e.g. bracelet, rings) and watches while handling food.
- Do not wear working clothes or aprons outside the food preparation area.
- Wear disposable gloves if there are wounds or cuts on hands, or cover all wounds or cuts on hands or forearms completely with bright-coloured (e.g. blue) waterproof plasters. Change both gloves and plasters regularly.



### Why wearing **NO** jewellery is suggested?

- Jewellery can be an occupational safety and health hazard. It can be heated up near cooking appliances and burn your skin.
- Jewellery may become loose and get caught in machinery or into food, resulting in physical hazards.
- Stop you from washing your hands thoroughly.