

如何使用手套

給食物業從業員的指引

How to use gloves

A guide for food handlers



配戴手套處理食物

配戴手套是避免雙手直接接觸即食食物的一種方法。不過，若使用手套不當，可能會增加交叉污染的機會，因為細菌會像污染雙手一樣，污染手套。只有食物從業員在進行不同的工作時使用新的手套，並在更換手套時注意衛生，手套才能發揮其功效。其實，徹底清潔雙手是防止雙手污染食物的最有效方法。究竟食物從業員應在何時使用手套？使用手套時又有甚麼需要留意呢？

Handling food using gloves

Wearing gloves is an acceptable way to minimise manual contact with ready-to-eat food. However, if gloves are used improperly, it may increase the risk of cross-contamination as gloves can become contaminated with bacteria in the same way as hands. Gloves are only beneficial when a new glove is used for each activity and food handlers take care when changing gloves. Washing hands thoroughly is actually the best way to prevent contamination of food by hands. Then when should food handlers wear gloves? What should they pay attention to when using gloves?



徹底清潔雙手能防止食物受到污染。
Cleaning hands thoroughly can prevent food from contamination.

注意：

- (1) 配戴手套不可以代替洗手及良好的個人衛生。
- (2) 不正確使用手套等同於沒有徹底清潔雙手。
- (3) 由不同員工負責處理食物和其他工作 (如收銀、清潔)。

Key points to note:

- (1) Wearing gloves cannot substitute hand washing and good personal hygiene.
- (2) Improper use of gloves is unhygienic as inadequate hand washing.
- (3) Different staff should be responsible for handling food and other work (e.g. handling cash and cleansing).

何時使用手套

▶ 當雙手有傷口時

原因：

- (i) 防止傷口的細菌(例如：金黃葡萄球菌) 污染食物
- (ii) 防止食物中的細菌(例如：豬型鏈球菌、創傷弧菌) 感染傷口

以防水膠布覆蓋手上有損傷部分或切割傷口，並戴上手套。
Cover sore or cuts on hands by water proof bandages and wear gloves.



▶ 處理即食食物時

食物從業員應使用適當的用具(例如：鉗子、手套) 處理即食食物(例如：壽司、刺身、三文治、甜點、午餐飯盒等)。

原因：

由於即食食物不會再經過高溫處理，細菌有機會不斷繁殖，影響進食者的健康。



處理即食食物時應使用適當的用具(如鉗子、手套)。
Use suitable utensils such as tongs or gloves when handling ready-to-eat food.

When to use gloves

▶ When there is cut on hands

Reasons:

- (i) Prevent contamination of the food by the bacteria in cut (e.g. *Staphylococcus aureus*)
- (ii) Prevent infection of cut by the bacteria in food (e.g. *Streptococcus suis*, *Vibrio vulnificus*)



▶ When handling ready-to-eat food

Food handlers should use suitable utensils such as tongs or gloves to handle ready-to-eat food (e.g. sushi, sashimi, sandwiches, desserts, lunch boxes, etc.).

Reasons:

As ready-to-eat food will not undergo further heat treatment, bacteria may grow rapidly and affect the health of consumers.





如何正確使用手套

- ▶ 使用後即棄手套
- ▶ 配戴尺碼合適的手套
- ▶ 配戴前、脫去後及更換手套時應徹底清潔雙手



配戴手套前應徹底清潔雙手。
Wash hand thoroughly before wearing gloves



使用後即棄手套。
Use disposable gloves.



▶ 經常更換手套：

- 轉換或離開工作崗位時，例如：
 - (1) 如在配製即食食物期間需要進行突發的清潔工作，應在清潔後，徹底清洗雙手和換上新手套，才繼續配製食物。
 - (2) 如需要在午餐飯盒入盒期間加添食物，應

How to use glove correctly

- ▶ Use **disposable** gloves
- ▶ Wear gloves of **appropriate size**
- ▶ **Wash hand thoroughly** before wearing gloves, between glove change and after removal of gloves

在拿取盛載食物的容器後，徹底清洗雙手和換上新手套，才繼續把午餐入盒。

- 手套被**沾污**後
 - 接觸生的食物或廚具後
 - 咳嗽或打噴嚏後
 - 觸摸鼻子、頭髮或身體其他部位後
 - 進食或如廁後
- 手套有**破損**
- 工作期間應**定時更換** (例如每半小時/一小時更換一次)

▶ 將用過的手套立刻棄掉，不應重用手套



▶ Change gloves **frequently**

- Changes of works or leaving the work station, for example:
 - (1) If cleansing is suddenly required during preparation of ready-to-eat food, food handlers should wash their hands and wear new gloves after cleansing to continue preparation.
 - (2) If food handlers need to refill food during packaging of lunch boxes, they should wash their hands and wear new gloves after taking the containers with new food to continue packaging.
- When the gloves are **soiled**, such as
 - After touching raw food or cooking utensils
 - After coughing, sneezing or blowing nose
 - After touching nose, hair or other parts of the body
 - After eating or going to toilet
- When the gloves are **orn**
- **Change regularly** during work (e.g. every half an hour or one hour)

▶ Discard gloves after use and **never reuse gloves**