



Food Manufacture

Personal Hygiene and Protective Clothing

Lesson 2

This course is vital for everyone working or has the potential to work in food manufacture. The course describes the importance of good personal hygiene and protective clothing worn when working in a food factory.





Hand washing is one of the most important things a food handler can do to maintain a high level of personal hygiene and prevent any cross contamination.





Hand washing should be carried out as often as possible and to the level of product risk e.g. hands should be washed more often when handling raw meat.





At a minimum, hands should be washed at seven key times.

1. Before entering the production area
2. After a break which involved leaving the production area
3. After the toilet
4. After eating
5. After smoking
6. After sneezing or blowing your nose
7. After handling shoes



**There are six
steps to
washing your
hands
correctly**





Step 1

Wet hands with
warm water
(between 35°C to
45°C)



Step 2

Apply soap



Step 3

Rub the hands so all parts of the hands are clean for approximately 20 seconds. This should include:

- The palms
- Back of the hands and fingers
- Between the fingers
- Fingertip and fingernails
- Wrists
- Thumbs



Step 4

Rinse the hands to
remove the soap



Step 5

Dry hands
thoroughly



Step 6

Use hand sanitiser



Training on how, when and why to wash hands should be performed on all new staff and monitored with all existing staff to ensure hand hygiene requirements are being followed correctly.





Revision Activity 2

**Name three instances
when a food handler
must wash there hands?**