



Food Manufacture

Personal Hygiene and Protective Clothing

Lesson 1

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.





Learning Objectives

- List the personal hygiene requirements of the food handler
- Recognise the importance of handwashing
- State the key times when hands should be washed
- Define how to wash hands correctly





Learning Objectives

- Understand the importance of plaster control and medicine control
- Summarise the importance of reporting illness
- Describe the illness procedure which should be followed
- Identify what is included in a protective clothing procedure





Learning Objectives

- List what protective clothing should be worn
- Identify why, how and when protective clothing should be worn
- Explain how to take care of protective clothing





Anyone who works with food is responsible for making sure they have a high standard of personal hygiene.





Personal hygiene requirements help to minimise the risk of product contamination and should be followed by all staff.



There are seven key personal hygiene requirements.

1. No watches to be worn.
2. No jewellery to be worn, however some exceptions are a plain wedding ring/wristband or medical alert jewellery.
3. No rings and studs in exposed parts of the body e.g. the nose
4. Nails must be short clean and unvarnished.
5. No false fingernails or nail art.
6. No excessive perfume or aftershave.
7. Control of any glasses and contact lenses.



Regular good manufacturing audits should check that staff comply with personal hygiene requirements.





Revision Activity 1

Name three personal hygiene requirements of the food handler?