

Food handler personal hygiene checklist



Wash hands frequently and dry with single-use paper towels.



Cover cuts and sores with a bandage or dressing and a waterproof covering (e.g. glove).



Tie back hair or cover it with a hat or hairnet.



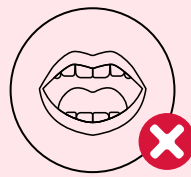
Wear clean clothes and a clean apron. Remove the apron when leaving the kitchen or food preparation area.



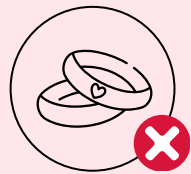
Keep fingernails trimmed and clean.



Store personal belongings away before preparing food.



Do not sneeze, cough, blow or eat around food or food contact surfaces.



Do not wear jewellery and decorations on the hands and wrists, including nail polish and false nails.



Do not smoke or vape in food handling areas.



Do not prepare food if unwell with an infectious illness, such as diarrhoea, vomiting or fever.



Do not use the same gloves for different tasks.



Do not dry hands on clothes or reusable cloths or towels.