

Food Handler Chapter 2 Guided Notes: Good Personal Hygiene

Why is handwashing important?

1. Hands can transfer _____ to food.
2. Handwashing is a critical step for _____
3. Handwashing takes _____ seconds.

How and when to wash your hands

4. List the five steps of handwashing and give pointers for each step
 - a. Step 1
 - b. Step 2
 - c. Step 3
 - d. Step 4
 - e. Step 5
5. What should you do after you wash your hands?

Is hand washing required?

6. ...after using the restroom? _____
7. ...after touching your hair, face, or body? _____
8. ...after handling raw meat, poultry or seafood? _____
9. ...touching clothing or aprons? _____
10. ...taking out the garbage? _____
11. ...sneezing, coughing, or using a tissue? _____
12. ...handling chemicals that can make food unsafe? _____
13. ...smoking? _____
14. ...clearing tables or busing dirty dishes? _____
15. ...eating or drinking? _____
16. ...handling money? _____
17. ...chewing gum or tobacco? _____
18. ...before putting on gloves at the start of a new task? _____
19. ...leaving and returning to the kitchen/prep area? _____
20. ...handling service animals or aquatic animals? _____
21. ... touching anything else that may contaminate your hands? _____

Using hand antiseptics

22. If you use hand antiseptics

_____ use them instead of handwashing

Use an antiseptic _____ washing hands.

Wait for the antiseptic _____ touching food or equipment, or putting on gloves.

_____ the manufacturer's directions.

Stocking the Handwashing Sink

23. A stocked hand sink should have

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Check you Handwashing Savvy -

Write an X next to each situation you must wash your hands.

_____ After washing raw chicken

_____ Before putting on new gloves at the start of a new task

_____ Before taking a break

_____ After taking out the garbage

Write an X next to the things that a stocked handwashing station must have.

_____ hand lotion

_____ soap

_____ garbage container

_____ sponge

_____ single-use paper towels or a hand dryer

_____ hot and cold running water

Ryan washed his hands before preparing salads. Write an X next to each error that Ryan made.

_____ He applied hand sanitizer before washing his hands

_____ He wet his hands using very hot water

_____ He applied enough soap to develop a good lather

_____ He scrubbed his hands for five seconds

_____ He rinsed his hands under running warm water

_____ He dried his hands with his clean apron

_____ He turned off the tap with a paper towel

_____ He opened the door with his wet hands.

Using a handwashing sink

Wash your hands only in a _____.

Do _____ use handwashing sinks for other things.

_____ dump dirty water in them.

_____ prep food in them

_____ wash dishes in them

Make sure handwashing sinks are _____ and are _____ blocked!

_____ stack food, equipment, or supplies in them or in front of them.

Use Gloves Correctly

_____ touch ready-to-eat food with your bare hands.

Ready-to-eat foods are _____

Wearing gloves when handling ready-to-eat food is one way to _____

Make sure gloves _____ you hand. They should not be _____.

_____ blow into a glove or _____ to make them easier to put on.

It is fine to wash and reuse gloves. TRUE FALSE

You SHOULD wash your hands before putting on gloves to start a new task. TRUE FALSE

Gloves should be changed...

... _____
... _____
... _____
... _____
... _____

Hands and Nails

- Keep fingernails _____
- _____ fingernails can be hard to keep clean
- Fingernails should also be _____.
 - _____ nails can be hard to keep _____
 - They may also hold _____ and break off into food.
- **DO NOT** wear _____
- **DO NOT** wear _____
- Cover _____ correctly
 - Hands or wrist
 - Cover with _____ that prevents fluid from leaking out
 - Place a _____ over the cover
 - Arms
 - _____ with a bandage that prevents fluids from leaking out
 - Body
 - Cover with a _____

Apply your knowledge

- Alicia is a prep cook making hamburgers. Write an X next to everything Alicia has done WRONG.
 - _____ Washed her hands before putting on gloves
 - _____ Rinsed her gloves when they became too dirty from working with hamburger meat
 - _____ Began chopping lettuce after forming hamburgers without washing hands and changing gloves
 - _____ Washed her hands and changed gloves when she noticed a small tear in a glove she was wearing
- Write an X next to each unsafe practice
 - _____ Washing hands and putting on new gloves after cutting up raw chicken
 - _____ Putting the same gloves back on after finishing one task and starting a new task
 - _____ Prepping food with false nails
 - _____ Working with a tiny, infected cut that is not bandaged

What to Wear

- Hair Covering
 - Always wear a clean hat or other hair covering when:
 - _____
 - _____
 - _____
 - Food handlers with facial hair should _____
- Clothing
 - Wear _____
 - CTC Uniform is _____
 - Store dirty clothing, street clothes, and personal belongings _____
- Aprons
 - Remove _____ and _____ when leaving prep areas
 - Before using _____
 - Before taking out _____

- Remove _____ from hands and arms. As they can contain _____ . They can also fall into food.
 - DO NOT WEAR
 - _____
 - _____
 - _____

Apply Your Knowledge

Write an X next to each unsafe practice.

- _____ A. Wearing a dirty chef coat
- _____ B. Wearing nail polish
- _____ C. Wearing a baseball cap while serving food
- _____ D. Wearing a watch
- _____ E. Taking off your apron in the restroom
- _____ F. Wearing a bandage on your finger under your gloves
- _____ G. Working in the dishwashing area without a hat or other hair covering.
- _____ H. Wearing a chef coat for several days until it gets dirty

Other Important Practices

- Eating, drinking, smoking, chewing gum, and tobacco
 - _____ do these things in the _____ area, in areas used to _____ utensils and equipment, or in _____ areas.
 - _____ contains pathogens that can cause a foodborne illness.

What to do if you are sick

- Tell your _____ if you are sick
- Tell your _____ if you have any of the following symptoms
 - _____
 - _____
 - _____
 - _____