

FOOD SAFETY

Quick tip

OUTFITTED FOR FOOD SAFETY

It's essential that employees keep up appearances—in this case, that means good personal hygiene on the job. Take a look at some of the more common infractions when it comes to dressing for food safety. And then check out what a properly outfitted employee looks like.

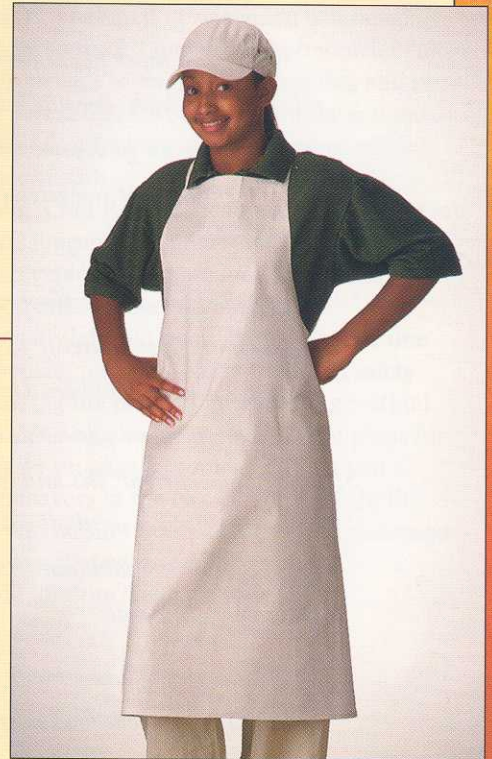


Don't

- ▶▶ Don't let hair flow free. Hair can carry bacteria that can get into foods.
- ▶▶ Don't wear jewelry, including piercings, earrings, necklaces, bracelets and rings. It carries bacteria, too.
- ▶▶ Don't wear fingernail polish or fake nails. Polish can chip and fake nails can fall off. Long nails aren't recommended either—they're tough to thoroughly clean.
- ▶▶ Don't wear soiled clothing, including uniforms or street clothes worn under clean aprons. Sleeveless shirts are not appropriate for food prep.
- ▶▶ Don't wear soiled aprons. Avoid wiping dirty hands on aprons, as well.

Do

- ▶▶ Do restrain and cover hair. Tie back or put up long hair (shoulder length or longer) with elastics. Hair nets, baseball caps, visors, toques, scarves—all work to keep hair of all lengths on the head where it belongs.
- ▶▶ Do remove all jewelry aside from a plain band, which is allowed by many local health departments.
- ▶▶ Do keep hands free of all polish and fake nails, and cut real nails short.
- ▶▶ Do wear freshly laundered uniforms or street clothes. Choose tops with sleeves. If you can change into fresh clothes at work, do it.
- ▶▶ Do wear a crisp, clean apron and change out soiled aprons often. We recommend white over patterned styles.



Source: National Restaurant Association
Educational Foundation.
312/715-1010, Ext.701.

