

# THE ESSENTIALS OF FOOD HYGIENE

- Keep yourself clean and wear clean clothing.
- Always wash your hands thoroughly:
  - before handling food
  - after using the toilet
  - handling raw foods or waste
  - before starting work
  - after every break
  - after blowing your nose.
- Tell your supervisor, before commencing work, of any skin, nose, throat, stomach or bowel trouble or infected wound. **You are breaking the law if you do not.**
- Ensure cuts and sores are covered with a waterproof, high visibility dressing .
- Avoid unnecessary handling of food.
- Do not smoke, eat or drink in a food room, and never cough or sneeze over food.
- If you see something wrong – tell your supervisor.
- Do not prepare food too far in advance of service.
- Keep perishable food either refrigerated or piping hot.
- Keep the preparation of raw and cooked food strictly separate.
- When reheating food ensure it gets piping hot.
- Clean as you go. Keep all equipment and surfaces clean.
- Follow any food safety instructions either on food packaging or from your supervisor.

These points can be amended to suit each business. Some points may not be relevant to some businesses.

Further information on food safety/hygiene can be found at [www.nbbcfood.info](http://www.nbbcfood.info)