



Food Employee Personal Hygiene

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Importance of Proper Hygiene

Good personal cleanliness, including proper and frequent hand washing, is vital to prevent foodborne illness.

Sick or Infected Food Employees

Food employees with the following symptoms must immediately notify their supervisor:

- Fever
- Persistent sneezing or coughing
- Diarrhea or vomiting
- Jaundice
- Sore throat with fever

Sick food employees must be assigned to duties that minimize the potential for contaminating food and equipment (including utensils, linens, single-service or single use items).

Hand Washing

Hands must be washed and thoroughly dried before starting to work with food. Wash hands between tasks, and if work is interrupted.

Effective hand washing includes the backs of hands, palms, and exposed portions of the arms, between fingers and under the fingernails.

Vigorously rub together the surfaces of lathered hands and arms for at least 20 seconds, thoroughly rinse with clean water. Pay particular attention to the areas under fingernails and between fingers.

Cuts, Wounds, and Sores

Any cuts, wounds, or open sores on the hands and arms must be completely covered by a waterproof bandage. Wear single-use gloves over any bandages or finger cots on the hands and fingers.

Note: This document is for educational purposes only and should not be considered a substitute for studying the Food Code of 1999 and Michigan Food Law of 2000. Food safety information and additional copies of this and other fact sheets are available from the Michigan Department of Agriculture's web page www.michigan.gov/mda

Hair Restraints

Food employees are required to wear hair restraints such as hairnets, hats, scarves, or beard nets that effectively control hair. Employees such as counter staff, hostesses, wait staff, and bartenders are not required to wear hair restraints if they present a minimal risk of contaminating food and equipment.

Proper Work Clothing

Food employees must wear clean outer garments when preparing or serving food products or washing and sanitizing equipment and utensils.

Store spare personal clothing and other personal items separate from food handling and storage areas. Employers must provide adequate storage areas for employees' personal belongings.

If employees routinely change clothing at the establishment, a room or area must be designated and used for that purpose. Such changing areas must be separate from food and equipment.

Fingernails and Jewelry

- Food employees must keep their fingernails trimmed so that they are easily cleanable.
- Food employees wearing fingernail polish or artificial nails must wear intact gloves when working with exposed foods.
- While preparing food, employees may not wear jewelry on the arms and hands. This does not apply to a plain ring such as a wedding band.

Other Practices

Eating and tobacco use of any kind are activities that must take place in designated areas only. The designated area must be located where no contamination of food and equipment can result.