

Safe food handling

As a food handler, **DO**

- notify the food business/your supervisor if you know or suspect that you have contaminated food
- avoid unnecessary contact with ready-to-eat food
- wear clean clothes
- restrain hair and tie back long hair
- secure hair clips, hair pins, buttons on clothes, jewellery and bandages
- keep fingernails short
- make sure bandages on exposed parts of the body are covered with waterproof covering
- use hand washing facilities provided for washing hands
- if using gloves, change gloves between each activity.



As a food handler, **DO NOT**

- handle food if you are suffering from food-borne disease or if you suspect that you are suffering from food-borne disease and/or you are a carrier of food-borne disease
- handle food if suffering from infected skin lesions or discharges from ear, nose or eyes
- wear nail polish or other decorations on fingernails
- wear artificial fingernails
- wear jewellery especially on hands and wrists
- eat, sneeze, blow or cough over unprotected food or surfaces likely to come into contact with food
- spit, smoke or use tobacco in areas where food is handled
- touch food after touching earrings, hair, nose, ear, eye, skin lesions, saliva, mucus, sweat, blood, money and before washing hands.



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