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Personal hygiene and handwashing



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Personal hygiene

Notes

In the previous module, you learned how to properly clean and sanitize equipment, utensils and food contact surfaces in your establishment.

You also learned about cross contamination, which is the transfer of harmful substances or microbes (contaminants) from something DIRTY to something CLEAN.

Now it is time to learn how and why it is important to practice proper personal hygiene when working with food. In lesson 2, we will talk about the elements of personal hygiene, including hand washing.

The person you see in the picture is demonstrating good personal hygiene. He is using clean clothes that were put on just for cheesemaking, and he is wearing hair and beard protection.



Personal hygiene

Handwashing



Notes

First, can you tell me what personal hygiene is and why it is important?
[Let participants answer]

Personal hygiene refers to our habits of cleanliness. Our clothes, hair, hands - everything! One of the most important personal hygiene practices is hand washing.

Can you tell me what the basic steps for handwashing are? [Let participants answer]
There is a method for appropriate handwashing.

Step 1: Wet your hands and arms with warm water.

Step 2: Apply soap.

Step 3: Lather and scrub your hands and arms for about 10-15 seconds. Do not forget the areas under your nails and between your fingers, and use a small brush as necessary.

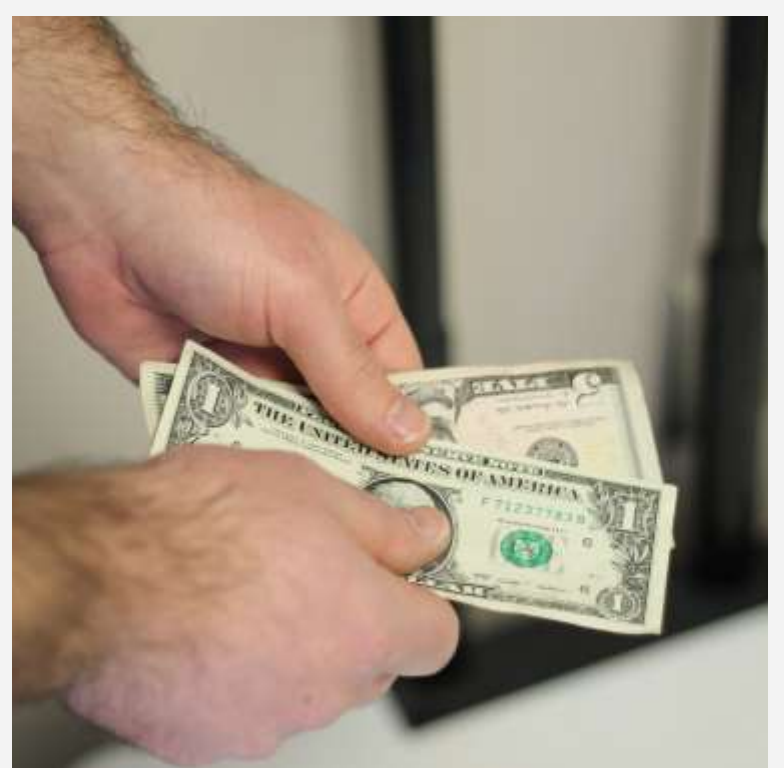
Step 4: Rinse thoroughly with warm water.

Step 5: Dry your hands using a clean paper towel or an approved drying method.

Step 6: When handling any ready to eat food, including the packing of cheese, be sure to wear gloves.



Handwashing



When should I wash my hands?



Hands and arms sanitizing



Handwashing: Activity

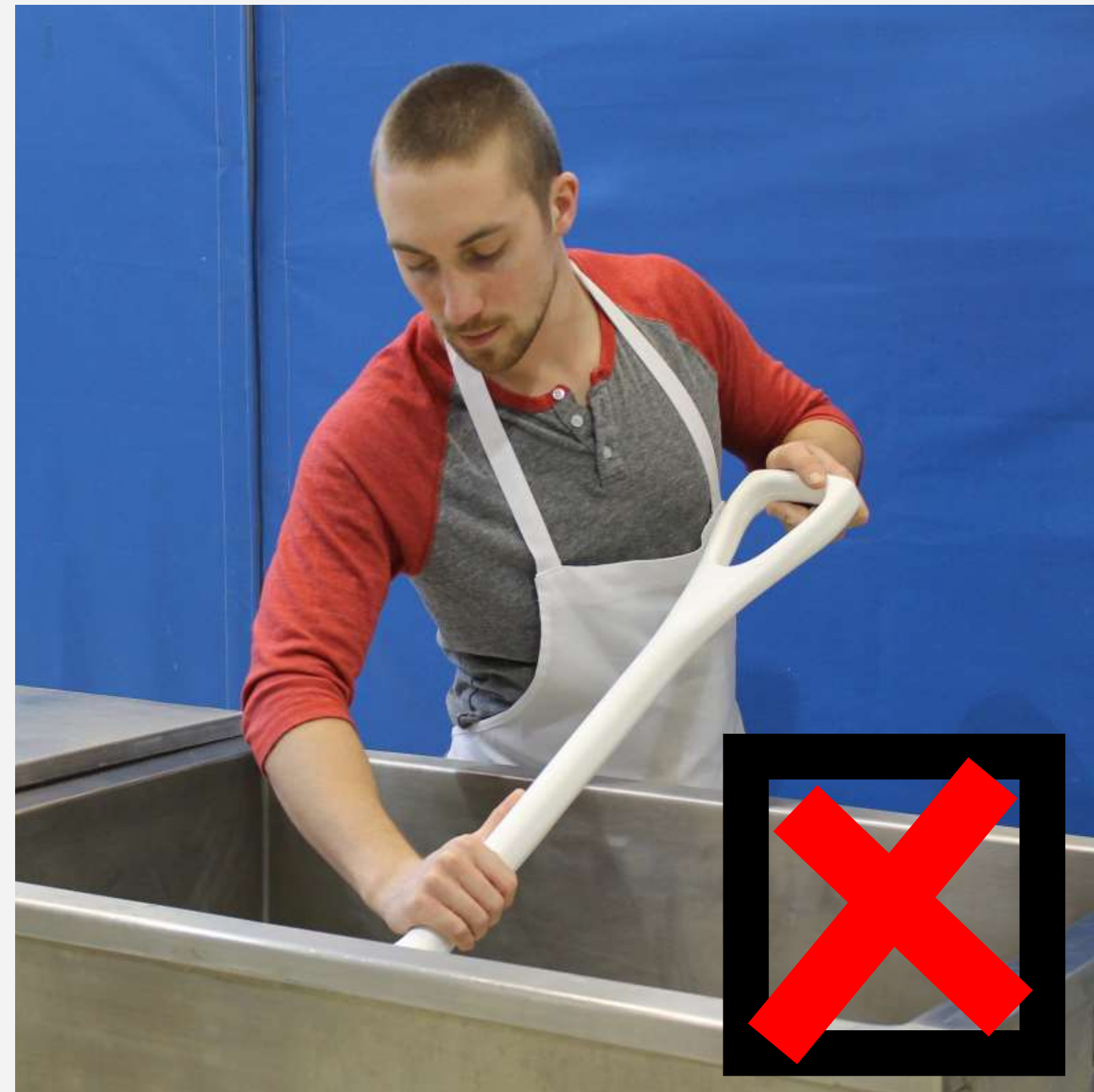
Hairnet and beard net: Incorrect / Correct



Notes

It is important to wear a hair net or clean hat, and a beard net, when working with food to prevent cross contamination with hair, sweat, or dandruff.

The right photo demonstrates an incorrect practice. The left photo demonstrates a correct practice.



Hairnet and beard net: Correct / Incorrect



Eating

Leaving the cheesemaking room



Notes

Each time you enter the cheesemaking room, there is a chance that you will carry contamination from the outside. You can minimize the risk of cross-contamination by:

- 1.** Not leaving the cheesemaking room during a cheesemaking session; if you must leave, minimize the number of times.
- 2.** Sanitizing your boots before reentering the cheesemaking room; or changing to a pair of shoes or boots designated for the preparation areas.
- 3.** Washing your hands before returning to work, and sanitizing your hands and arms when necessary.
- 4.** Leaving your apron in the work area. If you are going to re-use your apron, be sure that it does not become contaminated by falling on the floor, by touching 'dirty' surfaces, etc.



Leaving the cheesemaking room

Use of gloves



Notes

A recommendation in the FDA's Food Code is to wear gloves, in addition to hand-washing, in order to protect the food you are handling.

However, it is important to realize that gloves do NOT replace proper handwashing. It is also important to properly wash your hands before putting on gloves.

Also, make sure the gloves fit well. Gloves that are too big can tear easily or get caught in equipment.

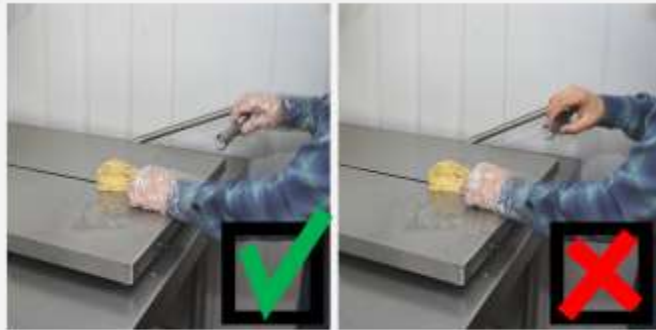
Your hands must be clean in the case a glove rips, and your bare hands accidentally come in contact with the food or food contact surfaces to reduce the risk of contamination. So, wash your hands before putting on gloves.

This step also will prevent contamination of the gloves from your hands, when putting on the gloves.



Use of gloves

Gloves: Incorrect / Correct



Notes

Glove use is beneficial to protecting the safety of your food if used correctly.

First, it is important to know that gloves are used to protect food from contamination and not for protecting your hands.

You should wear gloves on both hands as demonstrated in the left photo. Do not wear only one glove, as demonstrated in the right photo.

You should use gloves when cutting and packing cheese and when cutting samples at a farmers' market or another retail setting.



Gloves: Correct / Incorrect



Changing gloves

Review: Steps for cleaning



Notes

Recap: Let's review the information one more time.

How many steps are needed to clean and sanitize a food contact surface properly?
[Let participants answer.]

There are four steps for cleaning and sanitizing food contact surfaces. Let's go through them together.

The first step is to pre-rinse. First, you wet the surface to help loosen the soil on the surface that is being cleaned.

Washing is the second step in the process. This step is performed with soap and warm water to remove food or soil from the surface.

The third step is to rinse the food contact surface. This step washes the soap from the surface as well as any remaining food particles.

At this point, the food surface should appear completely clean to the naked eye, as is demonstrated in the photograph.

The final step is sanitizing the food contact surface. It is important that this step is completed after all food is removed and the surface is clean. This step reduces the number of microbes present in a surface to safe levels.

The order is important! **Remember:** you must first clean and then sanitize.



Review: Steps for cleaning



Review: Handwashing

Introduction

"The Food Safety, Sanitation and Personal Hygiene Training Program" for small scale cheese producing establishments was developed by The Pennsylvania State University, Department of Food Science to provide an educational tool for the training of cheesemakers. This training program contains strategies that take into account specific characteristics of the small and very small dairy farm.

The training program includes two lessons or modules designed to provide workers in dairy farms with the knowledge, skills, and a comprehensive explanation of the food safety rules that they need to follow at work.

How to use the "The Food Safety, Sanitation and Personal Hygiene Training Program "

The training has been developed to rely on illustrations and visual aids containing simple messages. To use the kit, set the flipchart on a table top and flip through the pages.

Each page contains an illustration that corresponds to the text on the following page. This text is a script that the instructor can read to participants to explain the material that participants are looking at on the illustration. After reading, flip the page and go to the next one.

It is not necessary for the instructor to memorize all of the text. However, to make the training session more effective, it is advisable for him/her to become familiar with it and thoroughly understand it.

There also is information for the instructor (within brackets) that is intended to improve the learning experience and it should not be read to participants.

Each text page contains a small box with a visual aid showing the picture that is on the other side of the page.

Tips for improving your food safety training session

The training session has been designed not to last more than 40 minutes.

Do not train more than 10-12 employees at a time. Everyone in the session needs to be able to see the flipchart.

Do not rush the training session. Speak clearly and slowly while looking at the audience. Obtain the audience reactions and engage them by asking them for examples of things that happen at your company.

safety behaviors for one week following the training session.

Become familiar with the farm's food safety rules and convey this consistent message during training.

During training, ask participants if they have any questions or comments. Go back to anything that is not clear to them, If necessary, retrain.

If applicable, food safety training must be followed by supervisory enforcement of food safety rules. It is recommended that supervisors focus on several food

Documenting Food Safety Training

If your training is not documented, it never happened. Your auditors and customers want to see evidence that every employee in the plant has received food safety training. Create an attendance sheet with the topic and date, have every participant sign it, then keep it in a safe place. Before adjourning, ask everyone if they have signed the attendance list.

Sanitation and Food Safety for cheesemakers

During this lesson, the instructor will describe the four steps for cleaning and sanitizing, the four elements (T.A.C.T.) to be considered during cleaning and sanitizing, and the basics of cross-contamination.

After the end of this lesson, participants will be able to:

- List the four steps for cleaning and sanitizing, in order.
- List the four elements T.A.C.T.
- Understand how cross-contamination happens and how to avoid it.

Personal hygiene and handwashing

During this lesson, the instructor will describe the importance of good personal hygiene practices. The correct procedure for handwashing, the correct use of gloves, and other personal habits to avoid will be described.

After the end of this lesson, participants will be able to:

- Describe how hands can become contaminated with microbes and transmit them to food.
- List the situations when handwashing is required.
- Demonstrate appropriate handwashing techniques.

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