USPH SANITATION HANDBOOK FOR CREW

PERSONAL CLEANING PROCEDURES

PROCEDURES FOR CREW MEMBERS

1. Keep hands clean, wash hands often and use soap and warm water:
    a. Before you begin to work every day.
    b. Whenever your hands become soiled.
    c. Before you handle food
    d. After you visit the restroom.
    e. After you handle raw, unwashed food.
    f. After you cough, sneeze, blow your nose, touch your hair or touch your face.
2. Keep your nails short and clean.
3. Keep your body, teeth and hair clean.
4. It is important to use a deodorant.
5. Wear fresh clothing and uniforms every day.
6. Work clothes should be washed.
7. Do not wear your uniform outside the Food Service Area.
8. Wear a cap over your head (This prevents hair from falling into the food or on work tables).
9. Do not smoke in the food preparation areas (When you handle a pipe or cigarette, your hands may get bacteria on them).
10. Notify your department head when you become ill. How can you help to protect your own health?
11. Use care in getting rid of paper and food from trays to the dish room.
12. Always use a scraper to clean plates, "not your hands".
13. Wash dishes and trays thoroughly.
14. See your doctor whenever you become ill.
15. Wash your hands often.

16. Wash hands before starting to work or eat after eating, sneezing, coughing, using the bathroom or any dirty item that you may come in contact with your hands.

17. When washing hands, it is a good time to make sure finger nails are cut short and are clean.

18. Keep fingers away from nose, mouth, ears, hair, etc. while working.

19. Be sure to use hand washing facilities for that purpose ONLY!

20. No smoking, eating or drinking at your station or at any other food service or preparation area.

21. When ill, report it to your supervisor and see the doctor as soon as possible if you have fever, chills, discharges from your nose, mouth or eye, nausea, diarrhoea, boils, sores or any other condition which is not normal.

22. Personal cleanliness is very important. Check yourself in a mirror with a photograph, obey every point listed