











# FITNESS TO WORK

## FOOD HANDLERS

### CHECKLIST FOR GOOD FOOD HYGIENE PRACTICE

-  Do not attend work if you are suffering from diarrhoea and/or vomiting.
-  Tell your boss if you or anyone in your household is ill.
-  Tell your boss if you have infected cuts or sores.
-  Tell your boss if you were ill while on holiday.
-  If you have to visit the doctor, remember to say you are a food handler.
-  Wash and dry your hands thoroughly after going to the toilet and before handling food.
  
-  Use bright coloured waterproof coverings for cuts and grazes.
-  Do not spit, smoke, eat or chew gum when you are handling food.
-  Make sure your uniform is clean every day.
-  Keep your workplace, especially surfaces and utensils, clean.



You are in the front line in the battle against the enemy "Food Poisoning". Observe good standards of hygiene and you will help prevent food contamination and set an example to others.