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PERSONAL HYGIENE FUNDAMENTALS

Food Safety **Starts With You**

Daily Employee Checklist



Report all illnesses.



Cover cuts and wounds with a bandage; wear a glove over bandaged area.



Wash hands frequently and when changing tasks.



Keep fingernails trimmed and free of polish.



Avoid eating and drinking when preparing food.



Shower or bathe daily.



Wear a hair restraint when preparing food.



Wear clean clothing.



Keep hands away from face and hair.



Limit jewelry to plain wedding band.



Experience food. Safely.™