

# CHAPTER 7

## HYGIENE AND CLEANLINESS



**CULINARY ARTS AND RESTAURANT MANAGEMENT – CHEF OLSZEWSKI**

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# HOW TO PREVENT FOOD HANDLERS FROM CONTAMINATING FOOD

## SITUATIONS THAT LEAD TO CONTAMINATING FOOD:

- FOODBORNE ILLNESS
- EXPOSED, INFECTED WOUNDS
- CONTACT WITH SICK PERSON
- TOUCHING BODY, FACE, OR HAIR
- CONTAMINATED HANDS
- DIARRHEA, VOMITING, JAUNDICE, BLOOD
- EATING, DRINKING, SMOKING, CHEWING GUM OR TOBACCO



## PERSONAL CLEANLINESS AND WORK ATTIRE

- PRACTICE GOOD PERSONAL HYGIENE
- PATHOGENS ARE ON HAIR AND SKIN
- TRANSFERRED TO FOOD AND EQUIPMENT
- BATHE OR SHOWER BEFORE WORK, WASH THAT HAIR
- DO NOT WEAR SOILD UNIFORMS

### PREVENT SPREAD OF FOODBORNE ILLNESS:

- WEAR HAIR COVERING
- WEAR CLEAN CLOTHING
- REMOVE APRONS, BEFORE ENTERING BATHROOM
- REMOVE JEWELRY
- WEDDING BAND ALLOWED



**BRIT'S PERSONAL HYGIENE**

**BRUSH YOUR TEETH**  
At least twice a day after waking up in the morning and before going to bed at night

**WASH YOUR HAIR**  
Wash your hairs often keep it neat and tidy by brushing and styling as often as you can

**WASH YOUR HANDS**

- After going to toilet
- Before and after eating
- Playing with animals
- After brushing hairs
- After playing outside

**WE KNOW OUR PERSONAL HYGIENE**

**TAKE A SHOWER**  
Take a bath or shower at least once a day. Change your underwear daily

**CHANGE YOUR CLOTHES**  
Wear neat and clean clothes everyday, change your clothes when dirty or wet

**CLIP YOUR NAILS**  
Keep your nails short and clean at all times

## HANDWASHING

- **THE MOST IMPORTANT PART OF PERSONAL HYGIENE**
- **WASH HANDS AFTER:**
  - USING THE RESTROOM
  - HANDLING RAW MEAT, POULTRY, SEAFOOD
  - TOUCHING HAIR, FACE, BODY
  - SNEEZING, COUGHING, USING A TISSUE
  - EATING, DRINKING, SMOKING, OR CHEWING GUM OR TOBACCO
- HANDLING CHEMICALS
- TAKING OUT GARBAGE
- CLEARING TABLES OR BUSING DIRTY DISHES
- TOUCHING CLOTHING OR APRONS
- HANDLING MONEY
- USING A PHONE
- TOUCHING A CONTAMINATED SURFACE



## STEPS FOR CORRECT HANDWASHING

### STEP 1:

- WET HANDS AND ARMS
- USE RUNNING WATER
- AS HOT AS YOU CAN COMFORTABLY STAND



### STEP 2:

- APPLY SOAP
- ENOUGH TO BUILD A LATHER



### STEP 3:

- SCRUB HANDS AND ARMS
- VIGOROUSLY FOR 10–15 SECONDS
- CLEAN UNDER FINGERNAILS
- CLEAN BETWEEN FINGERS



## STEPS FOR CORRECT HANDWASHING

### STEP 4:

- RINSE HANDS AND ARMS
- UNDER RUNNING WATER

### STEP 5:

- DRY HANDS AND ARMS
- SINGLE-USE PAPER TOWEL
- WARM-AIR HAND DRYER



## HANDWASHING

- **WHOLE PROCESS** — 20 SECONDS
- ALWAYS USE DESIGNATED HAND SINK
- **USE A PAPER TOWEL TO**
  - TURN OFF FAUCET
  - OPEN RESTROOM DOOR



## HAND MAINTENANCE

- KEEP FINGERNAILS SHORT AND CLEAN
- **DO NOT WEAR FALSE NAILS**
  - BREAK OFF INTO FOOD
  - DIFFICULT TO CLEAN
  - NO NAIL POLISH, FLAKES OFF, HIDES DIRT





## HAND MAINTENANCE

- **HAND AND ARM WOUNDS**
  - WATERPROOF BANDAGE
  - KEEP WOUND FROM LEAKING
- **HAND OR FINGER WOUNDS**
  - SINGLE-USE GLOVE
  - PROTECT BANDAGE
  - FINGER COT



## BARE-HAND CONTACT WITH READY-TO-EAT FOOD

- **BARE HANDS INCREASE CONTAMINATION RISK**
- **USE:** GLOVES, TONGS, OR DELI TISSUES
- **GLOVES ARE NOT REQUIRED FOR:**
  - WASHING PRODUCE
  - HANDLING RTE INGREDIENTS THAT WILL BE COOKED



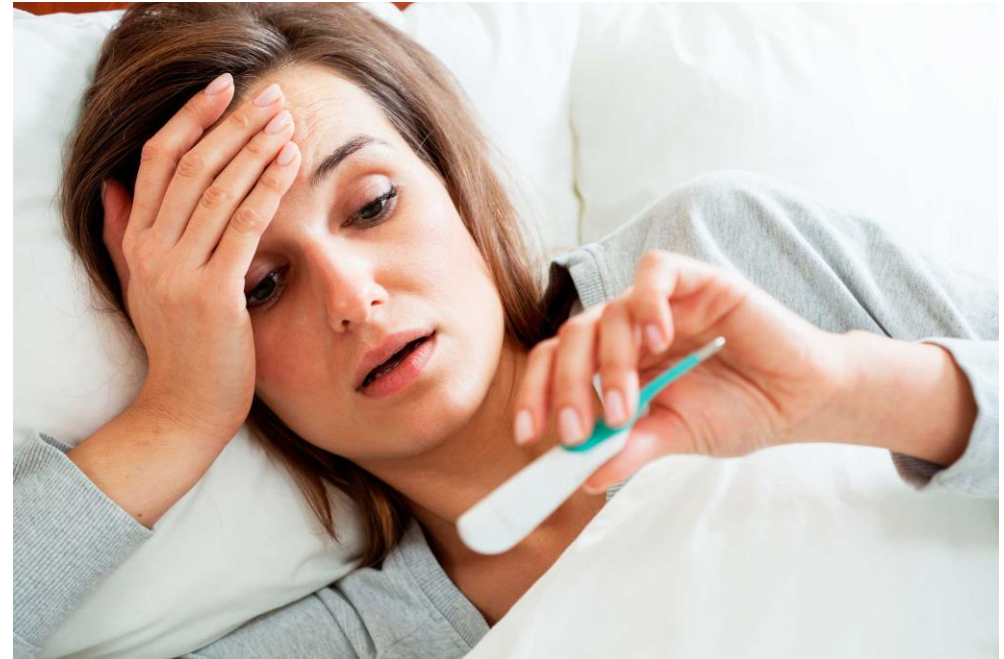
## HANDLING STAFF ILLNESSES

### SITUATION:

- SORE THROAT WITH FEVER

### PROCEDURE:

- CANNOT WORK WITH OR AROUND FOOD (RESTRICTED)
- **HIGH-RISK POPULATIONS** — CANNOT WORK (EXCLUDED)



## HANDLING STAFF ILLNESSES

### SITUATION:

- ONE SYMPTOM FROM INFECTIOUS CONDITION
  - VOMITING
  - DIARRHEA
  - JAUNDICE

### PROCEDURE:

- CANNOT WORK UNDER ANY CONDITION (EXCLUDED)



## HANDLING STAFF ILLNESSES

### SITUATION:

- DIAGNOSED WITH FOODBORNE ILLNESS AND HAS SYMPTOMS
- ESPECIALLY HEPATITIS A, SALMONELLA TYPHI OR NOROVIRUS

### PROCEDURE:

- CANNOT WORK UNDER ANY CONDITIONS (EXCLUSION)



## HOW TO CLEAN EFFECTIVELY

- **CLEANING** — REMOVES FOOD AND DIRT
- **SANITIZING** — REDUCES PATHOGENS TO SAFE LEVELS
- **CLEAN ONLY**
  - WALLS, STORAGE SHELVES, GARBAGE CONTAINERS
- **CLEAN AND SANITIZE**
  - SURFACES THAT TOUCH FOOD
  - KNIVES, CUTTING BOARDS, PREP TABLES, UTENSILS



## HOW TO CLEAN EFFECTIVELY

### CLEAN AND SANITIZE FOOD CONTACT SURFACES:

- AFTER BEING USED
- BEFORE WORKING WITH DIFFERENT FOOD
- AFTER INTERRUPTIONS
- AFTER FOUR HOURS CONTINUOUS USE
- KEEP TOWELS SEPARATED IN OWN BUCKETS
- SOAP AND SANITIZER



**4 hours**



## SANITIZING

### HEAT SANITIZING:

- TABLEWARE, UTENSILS
- HOT WATER AT LEAST 171°F (77°C)
- 30 SECONDS EXPOSURE TIME

### CHEMICAL SANITIZING:

- TABLEWARE, UTENSILS
- SOAK IN SANITIZER
- AIR DRY

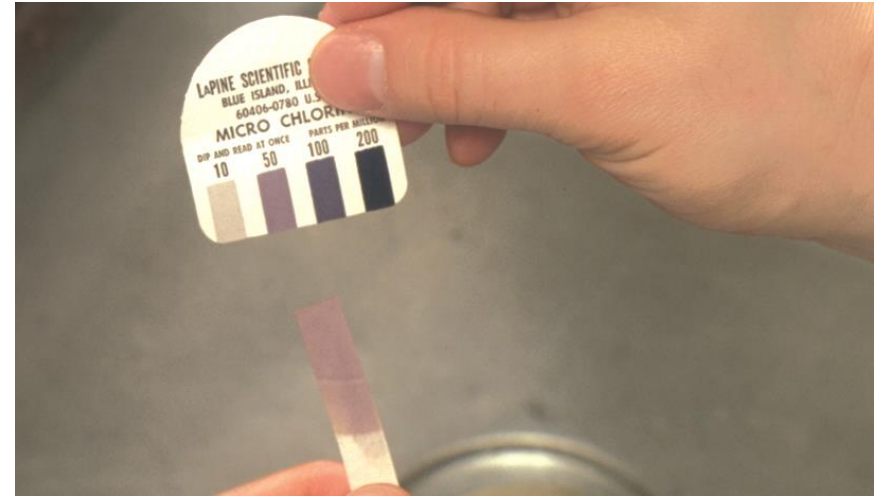




# SANITIZING

## THREE COMMON SANITIZERS

- CHLORINE
  - IODINE
  - QUATERNARY AMMONIUM (QUATS)
- MIXED WITH WATER
  - MUST HAVE CORRECT CONCENTRATION (DILUTION)
  - USE TEST KITS FOR ACCURACY



**150 – 400 PPM  
PROPER  
DILUTION FOR  
QUATS**

## FACTORS THAT INFLUENCE THE EFFECTIVENESS OF SANITIZERS

- **CONTACT TIME**
  - SPECIFIC PERIOD OF TIME ITEM IS IMMERSED
  - DEPENDS ON TYPE OF SANITIZER
- **TEMPERATURE** – CHANGES WITH TYPE OF SANITIZER
- **CONCENTRATION**
  - AMOUNT OF WATER - DILUTION
  - **TOO HIGH**—UNSAFE
  - **TOO LOW**—WILL NOT KILL PATHOGENS

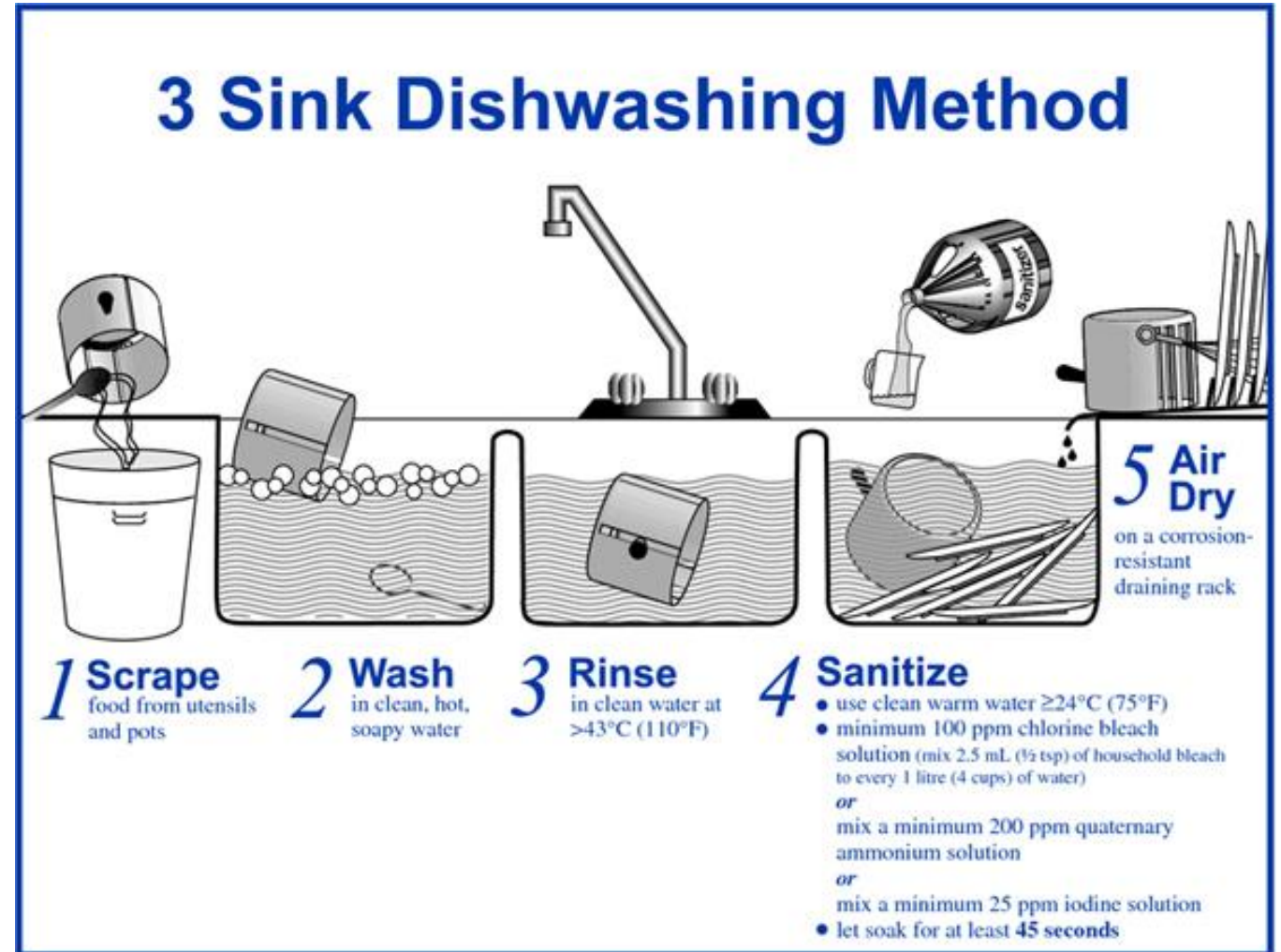
## CONTACT TIME

- For a sanitizer solution to kill pathogens, it must make contact with the object being sanitized for a specific amount of time.
- Most sanitizers must make contact for at least 30 seconds, some are for as little as 7 seconds.



## HOW TO PROPERLY USE A 3 SINK STATION

- **PROPER PROCEDURE IN 3 SINK STATION:**
- 1. SCRAPE OR REMOVE ANY SCRAPS
- 2. WASH IN HOT SOAPY WATER (110 F)
- 3. RINSE IN CLEAN WATER
- 4. SANITIZE
- 5. AIR DRY



# CONTROLLING PESTS

## INTEGRATED PEST MANAGEMENT (IPM)

- SYSTEM THAT PREVENTS, CONTROLS, OR ELIMINATES INFESTATIONS
- PREVENTION MEASURES – DON'T LET THEM IN
- CONTROL MEASURES – CONTROL POPULATIONS

## THREE BASIC RULES:

1. DENY ACCESS
2. DENY FOOD, WATER, AND HIDING/NESTING PLACE
3. HIRE A LICENSED PEST CONTROL OPERATOR (PCO)

