

## INFORMATIONAL BULLETIN No. 2021-01-09

**Employee Hygiene**Handwashing

One of the best ways to keep disease-causing agents from getting into food by practicing good personal hygiene. Good personal hygiene includes proper handwashing. **California State Law requires employees to wash their hands using the following method:**

1. Use a hand wash sink equipped with warm water (100°F min.), single service soap dispenser and single use towels.
2. Vigorously rub the surfaces of lathered hands and exposed areas of arms for at least 10 to 15 seconds.
3. Rinse hands with warm clean running water.
4. Dry cleaned hands with a single use towel or heated air dryer.



**Hand sanitizer is not a replacement for proper handwashing. Sanitizer may only be used after completing the above handwashing steps.**

California State Law also requires employees to wash their hands at the following times:

- Immediately before engaging in food preparation, including working with unpackaged food, clean equipment and utensils, and unwrapped single service-use/food containers and utensils.
- Before dispensing or serving food or handling clean tableware and serving utensils in the food services area.
- As often as necessary, during food preparation, to remove soil and contamination when changing tasks.
- When switching between working with raw foods and working with ready-to-eat foods.
- After touching bare human body parts other than clean hands and clean, exposed portions of arms.
- After using the restroom.
- After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating, or drinking.
- After handling soiled equipment and utensils.
- After engaging in any other activities that may contaminate the hands.
- Before wearing gloves for working with food.

**Practice good personal hygiene is extremely important in preventing foodborne illnesses.**

**To help prevent foodborne illnesses, do the following:**

- Dry hands with disposable paper towels or hot air blowers. (DO NOT use a cloth towel, as cloth can hold and breed bacteria).
- Wash your hands in the restroom sink or the hand sink (DO NOT wash hands in the utensil sink or the food preparation sink). This can contaminate food and utensils.
- Reducing bare hand contact with all foods, especially ready to eat foods, is recommended to reduce risk of food contamination.

### Use of Gloves

- The use of latex gloves is **prohibited** in food facilities and retail food establishments. Types of nonlatex gloves that may be used in a food facility include, but are not limited to, nitrile, polyethylene, and vinyl.
- Single-use nonlatex gloves shall be worn when contacting food and food-contact surfaces if the employee has any cuts, sores, rashes, artificial nails, nail polish, rings (other than a plain ring such as a wedding band), uncleanable orthopedic support devices, or fingernails that are not clean, smooth, or neatly trimmed.
- **Single-use gloves shall not be washed.**
- If used, single-use gloves shall be used for only one task, such as working with ready-to-eat food or with raw food of animal origin, used for no other purpose, and shall be discarded when damaged or soiled, or when interruptions in the food handling occur.
- Nonlatex slash-resistant gloves may be used with ready-to-eat food that will not be subsequently cooked if the slash-resistant gloves have a smooth, durable, and non-absorbent outer surface or if the slash-resistant gloves are covered with a smooth, durable, non-absorbent glove, or a single-use glove.

### Personal Cleanliness

- Food employees shall keep their fingernails trimmed, filed, and maintained so the edges and surfaces are clean and not rough.
- All food employees preparing, serving, or handling food or utensils shall wear hair restraints such as hats, hair coverings, or nets which are designed and worn to effectively keep their hair from contacting non-prepackaged food, clean equipment, utensils, linens, and unwrapped single-use articles.
- Break any habits of touching exposed body parts, face, mouth, or hair.
- Food employees shall wear clean outer clothing to prevent contamination of food, equipment, utensils, linens, and single-use articles.