

## Week 2: What to Watch For When Handling Food

Health inspectors know that poor personal hygiene can cause a foodborne illness. During the inspection they will watch to see if food is being handled in a way that keeps pathogens from being transferred from your body to food. Here are a few things you should do whenever you handle food.

### Avoid touching your body and then touching food.

This includes handling food immediately after:

- Scratching your scalp
- Running fingers through your hair
- Wiping or touching your nose
- Coughing or sneezing into your hand



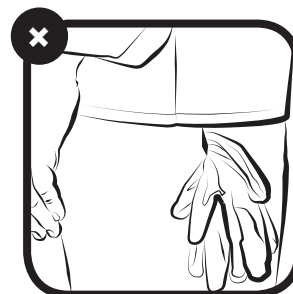
Pay close attention to what you do with your hands.

- Avoid touching your hair, face, or body and then touching food. Wash your hands right away if you must touch these areas.
- Immediately wash your hands if you cough or sneeze into them.

### Use gloves the right way.

Gloves can spread pathogens if they are not used the right way. Here is what you should do:

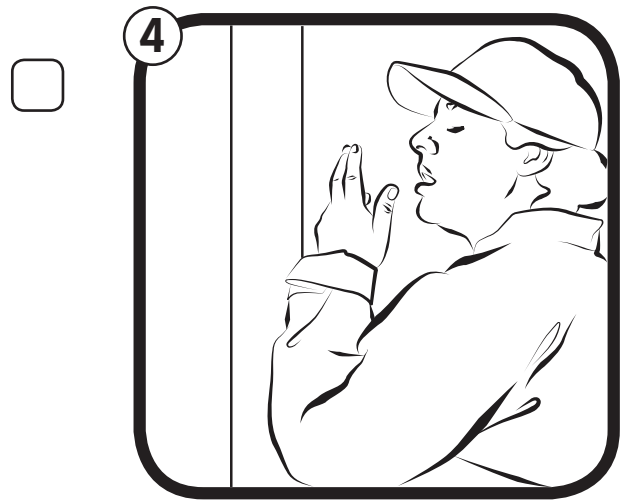
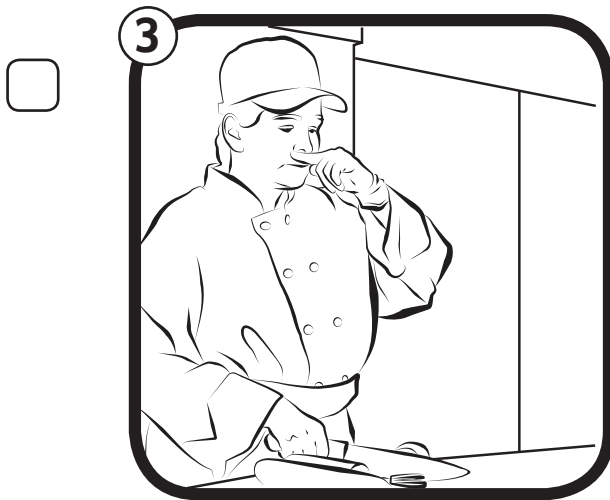
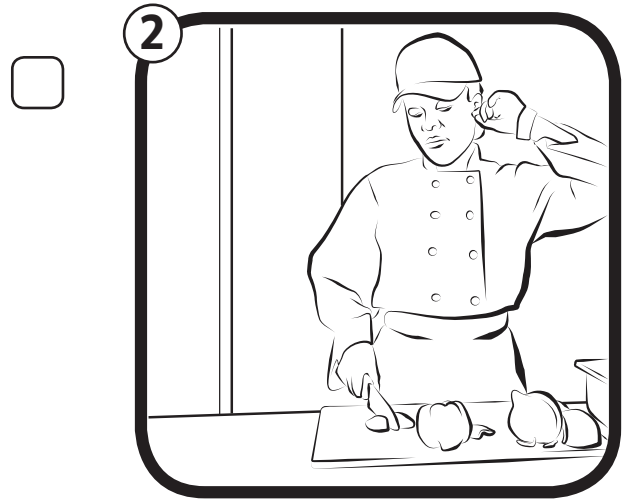
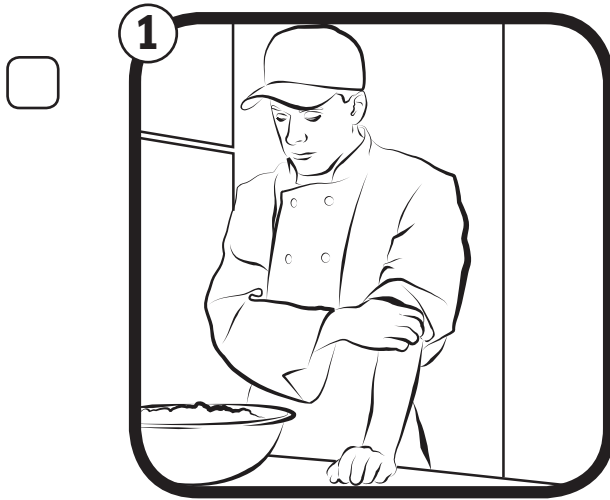
- Throw away gloves when you have completed a task. Never reuse them. Do not remove gloves between uses and store them in a uniform pocket. Do not put gloves back onto unwashed hands.
- Wash your hands before putting on gloves and when changing to a new pair.
- Change your gloves at the right times. Gloves must be changed before beginning a new task and at least every four hours while doing the same task. Always change gloves after handling raw meat, seafood, and poultry, and before handling ready-to-eat food.



These are just a few of the practices that should be carried out on a regular basis. Talk to your manager for more information on how to keep food safe in the operation.

# Week 2 | Activity 1: Which Action Can Spread Pathogens to Food?

**Directions:** Place an "X" next to each action that can spread pathogens from the body to food.



# Week 2 | Activity 2: Should They Change Their Gloves?

**Directions:** Place an “X” in the “Change gloves” box if the food handler should change gloves between each task. Place an “X” in the “Continue working” box if the food handler does not need to change gloves between the tasks.



Joe finishes prepping chicken...

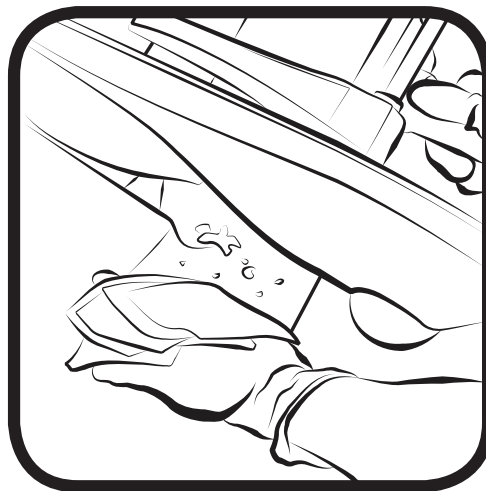


...then he preps meatballs.

- Change gloves
- Continue working



Dave trims a roast...



...then he slices cheese.

- Change gloves
- Continue working