

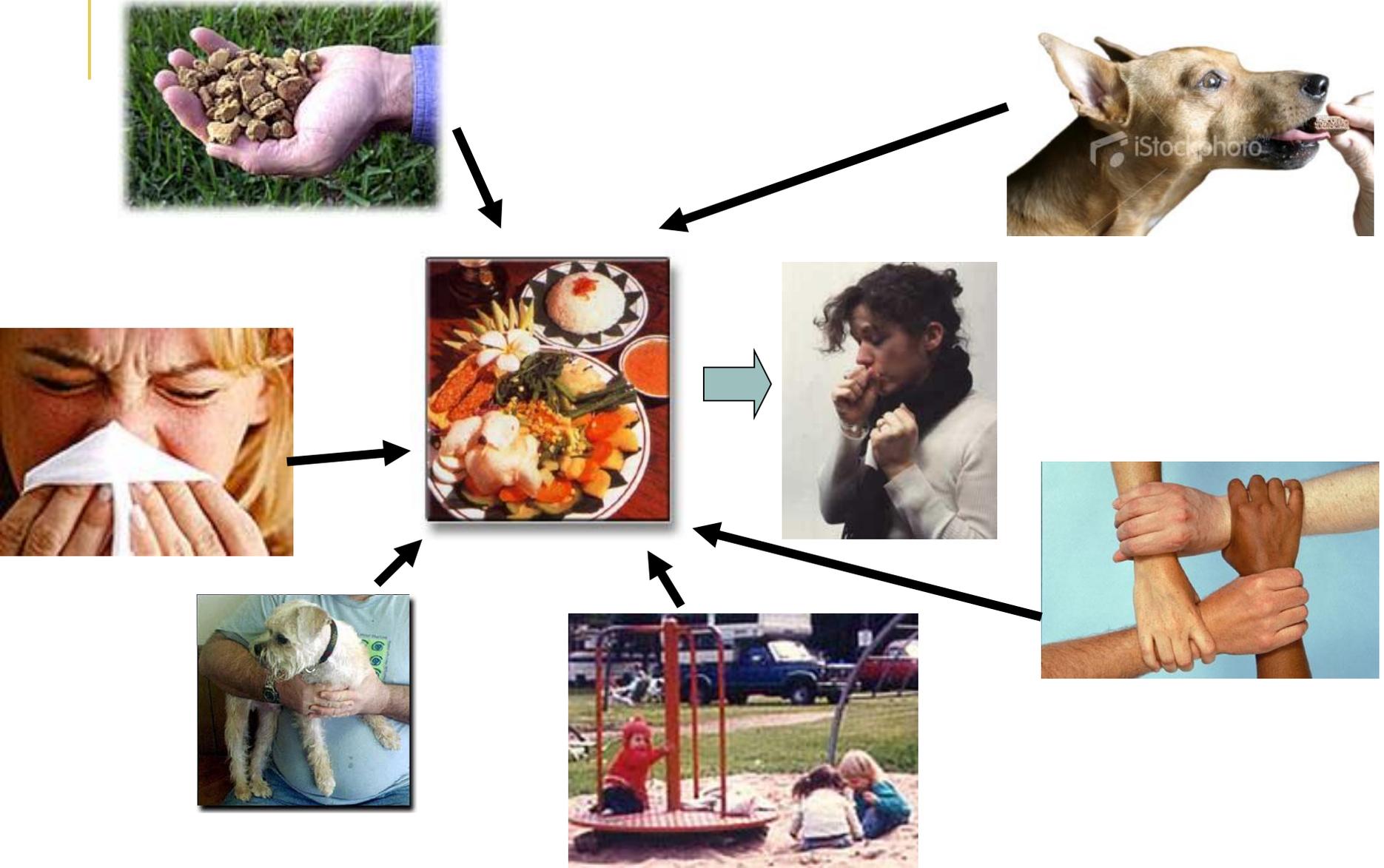


PERSONAL HYGIENE AND FOOD SAFETY

By

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DISEASES CAUSED BY LACK OF SANITATION



FOOD-BORNE PATHOGEN TRANSMITTED BY HUMANS

| Route | Disease | Organism | Source | Incubation and acute stages | Convalescence |
|----------------|-----------------------------------|------------------------------|------------------------------------|-----------------------------|---------------|
| Skin/nose-oral | Staphylococcal Enterotoxigenesis | <i>Staphylococcus aureus</i> | Nasal passages infections and skin | Yes | Yes |
| Fecal-oral | Salmonellosis | <i>Salmonella</i> species | Digestive tract | Yes | Yes |
| Unknow | <i>Escherichia coil</i> enteritis | <i>E.Coil</i> | Not known with assurance | Yes | Yes |
| Fecal-oral | Shigellosis | <i>Shigella</i> species | Digestive tract | Yes | Yes |
| Fecal-oral | Hepatitis A | <i>Hepatitis A virus</i> | Unknow | Yes | No |



PERSONAL HYGIENE AND FOOD SAFETY TIPS

Workers can carry pathogens internally and on their hands, skin and hair. It is imperative that they follow and understand basic food protection practices and maintain a high degree of personal cleanliness and good sanitation practices to prevent food product contamination.

Personal hygiene begins at home, with the essential elements for good hygiene being a clean body, clean hair and clean clothing. Hair in food can be a source of both microbiological and physical contamination.

Employees must wear different colored smocks when going from a raw processing part of the establishment to the cooked processing side. They should also step into a sanitizer footbath between the two processing areas to eliminate the bacteria on their shoes.

No employee who is affected with, has been exposed to, or is a carrier of a communicable disease, the flu or a respiratory problem, or any other potential source of microbiological contamination shall work in any area where there is a reasonable possibility that food or food ingredients can be contaminated.

PHYSICAL EXAMINATIONS

1 Skin



Ringworm or Tinea is a skin disease often seen in Summer due to sweating and moisture. It is a disease of superficial skin and can be transmitted via contact from pets (especially cats and dogs) and other people. It can develop on any part of the body but found more frequently in areas with high moisture such as around groins, armpits, toes and feet (as called athlete's foot). People with diabetes and overweight or those who sweat a lot are more at risk of developing ringworm. It can present on the skin as a very itchy red round circular lesion with flakes.

Pityriasis versicolor is a similar skin disease but is caused by an inflammation of the skin due to a type of yeast (normal skin flora) found on most people. This disease develops when there are other factors involved such as excessive sweating or in people with oily skins (frequently seen on the back and chest regions). Unlike ringworm, pityriasis is not contagious. Its symptoms are different from ringworm and more benign as it does not cause intense itchiness. It can be seen as many small circles with various colors from light brown to pink.

2 Nail

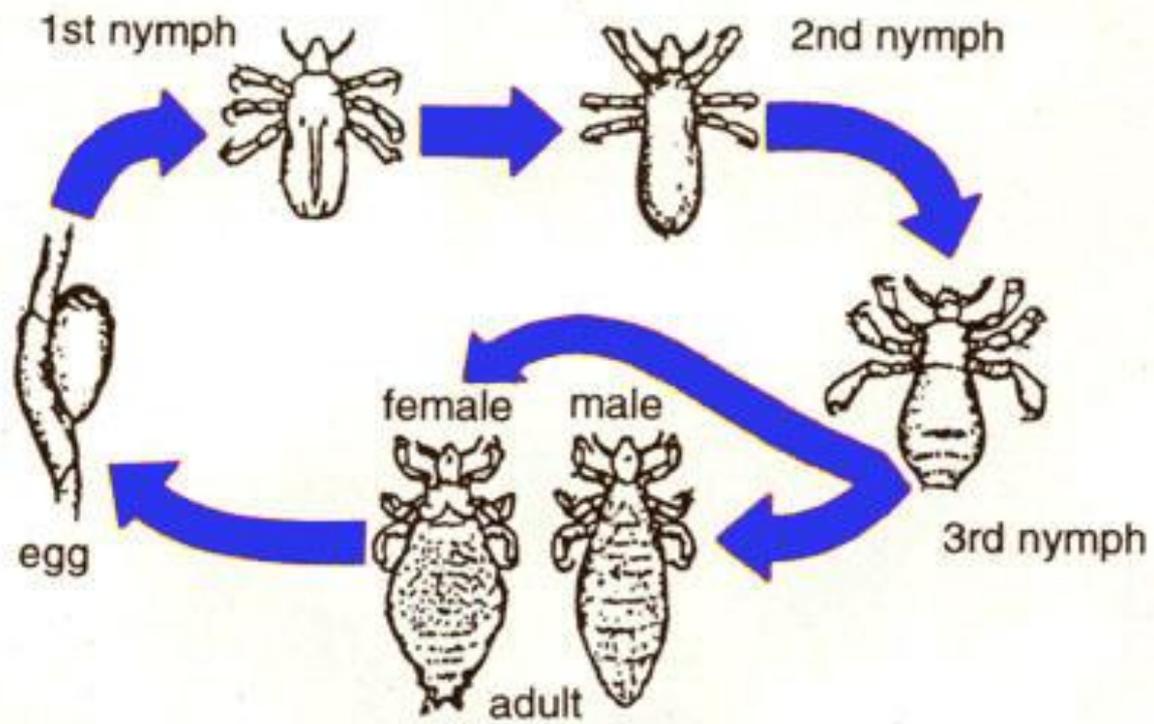
-keep fingernails short so they are easy to clean,
and don't wear nail polish



3 Hair

Perhaps an obvious one, but make sure that your hair isn't hanging around your face, dipping into food or falling out around the food premises! Even if you washed it this morning or have slicked it back, hair poses a constant food contamination hazard and so needs to be tied back and out of the way. If you've been provided with a head covering, like a hat or hair net, then make sure you wear it and never comb your hair in the food area.



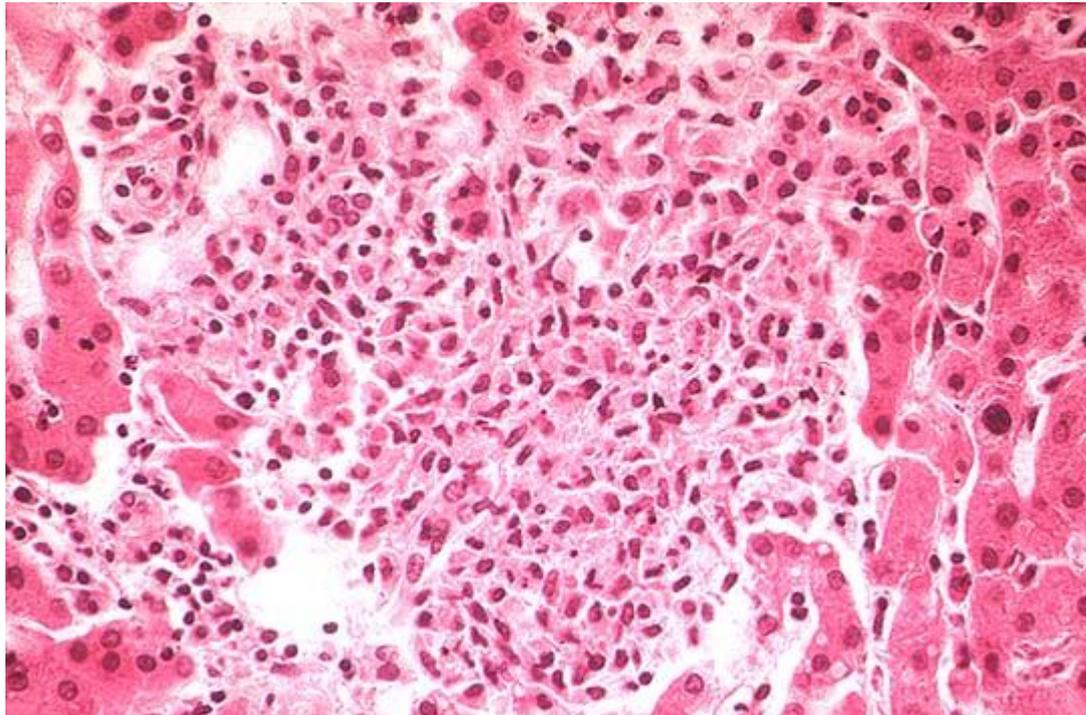


HAIR PROTECTION



4 Stool Examination

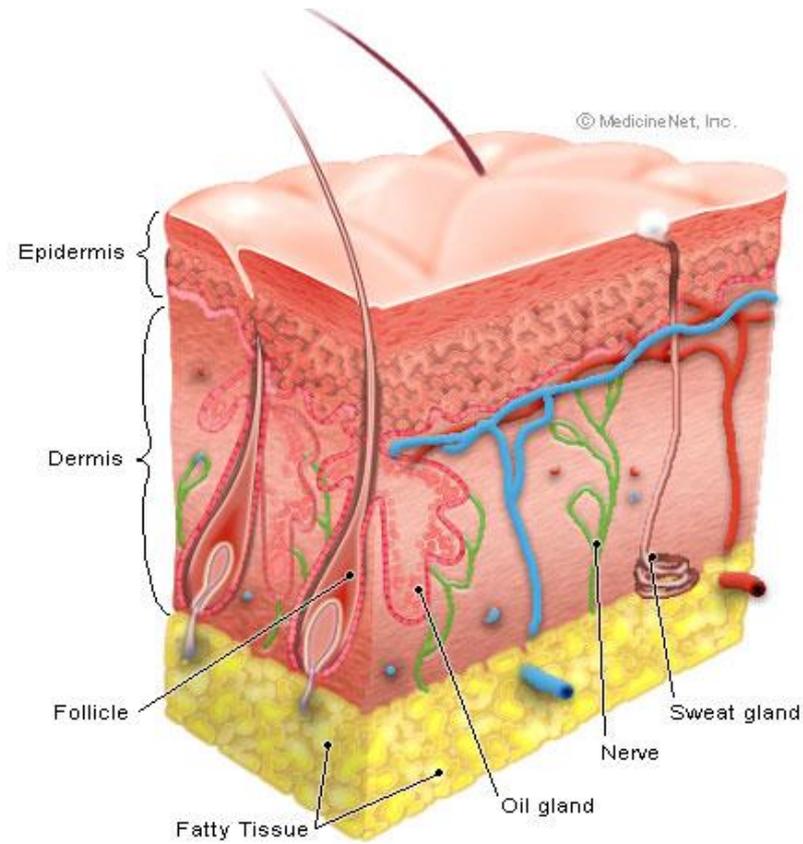
- Salmonellosis



HAND WASHING



THE MOST COMMON BACTERIAL SKIN PATHOGENS ARE STAPHYLOCOCCUS AUREUS AND GROUP A B-HEMOLYTIC STREPTOCOCCI. HERPES SIMPLEX IS THE MOST COMMON VIRAL SKIN DISEASE.



Normal Skin

Proper Handwashing Procedure



1. Wet hands and wrist. Apply soap.



2. Right palm over left, left over right.



3. Palm to palm, fingers interlaced.



4. Back fingers to opposing fingers interlocked.



5. Rotational rubbing of right thumb clasped in left palm and vice versa



6. Rotational rubbing backwards and forwards with tops of fingers and thumb of right hand in left and vice versa.

**MAKE IT A HABIT TO WASH YOUR
HANDS WITH SOAP AND WATER.**





Hand wash training kits make training simple and very effective. Apply "germ potion" to hands, then wash. The U/V lamp will make unwashed areas glow in a darkened room. These kits also include "germ powder" for cross-contamination training.



<http://www.allqa.com/aqa1265-6.htm>

HAND/GLOVE CLEANSING STATIONS



Cleanses hands of particles, microorganisms, and sodium from fingertips to wrist

Standardizes cleansing process through microprocessor control of cycle, duration, and amount of cleansing agent injected

Saves time—requiring only 10-15 seconds for thorough cleansing



| Chemical name | Trade name | Common use concentration |
|---|---------------|--------------------------|
| Iodophor | - | 0.75% available iodine |
| Trichlorocarbanilide | TCC | 1% in bar soap |
| 2,4,4' trichloro-2'hydroxydiphenylether | Irgasan DP300 | 0.25% active |
| Chlorhexidine gluconate | Hibitane | 4% in liquid soap |
| P-chloro-m-xyleneol | PCMX | 0.325% active |

GLOVES



RESTROOM FACILITIES



CHECKLIST FOR PERSONAL HYGIENE PRACTICES OF FOOD-HANDLERS

- ✓ Uniforms, aprons (or clothes) should be clean at the beginning of a work shift
- ✓ Wear a hair restraint (hat or hairnet)
- ✓ Keep fingernails short and clean
- ✓ Avoid touching nose, mouth, hair and skin during food preparation
- ✓ Do not smoke in food premises
- ✓ Do not cough or sneeze directly onto food. Wash hands after coughing or sneezing
- ✓ Wash your hands after blowing your nose
- ✓ Avoid wearing jewellery while handling and preparing food
- ✓ Avoid using strong perfumes/after shaves

Hands must be washed before:

- ✓ Working
- ✓ Handling food and utensils

Hands must be washed after:

- ✓ Using the toilet
- ✓ Handling raw food
- ✓ Coughing, sneezing, eating, drinking or smoking
- ✓ Licking fingers
- ✓ Every break
- ✓ Touching pimples or sores
- ✓ Handling waste

- ✓ Touching pimples or sores
- ✓ Handling waste
- ✓ Carrying out cleaning duties
- ✓ Changing soiled clothes
- ✓ Touching ears, nose, hair, mouth, or other bare body parts
- ✓ Handling animals
- ✓ Any other unhygienic practice