GOOD HOUSEKEEPING, FOOD AND PERSONAL HYGIENE TIPS

FOOD HANDLERS

- Do not work when feeling unwell. Seek medical attention immediately.
- Wash your hands with soap * Before handling food * After using the toilet * After coughing or sneezing Work up to a good lather, paying attention to the fingers, nails and the back of the hand.
- Dry hands using paper towels or hand dryers.
- Avoid sneezing or coughing near food.
- Avoid touching the eyes, nose, ears, mouth, hair or skin when handling food.
- Keep fingernails short. Do not wear rings or other accessories that might trap dirt.
- Cover all wounds or cuts on your hands with waterproof plasters.
- Wear clean attire.
- Do not handle food with bare hands. Use gloves or utensils.
- Cooked food should be stored above raw food in refrigerators.
- Display cooked food within showcases.

FOODSHOP OPERATORS

- Conduct daily checks on employees to ensure that those who are unwell seek proper medical attention. They should not be allowed to handle food.
- Do not allow non-food handling personnel in the food preparation area.
- Give customers disposable towels. Provide common serving spoons for shared dishes.
- Clean premises thoroughly at the end of the day and remove all food scraps to keep pests and rodents away.
- Tie refuse properly in plastic bags before disposal into refuse bins with tight fitting lids.
- Clean toilets regularly. Provide sufficient toilet paper, liquid soap and paper towels or hand dryers in toilets.

食物与个人卫生 小贴士

食物处理人员

- 如果感觉不适就应停止工作，立即就医。
- 手上的伤口应使用防水敷料包裹好。
- 上身和下身的工作服。
- 处理食物时须使用手套及器具。
- 食物在冰箱内的保存必须摆放生熟食物上层。
- 食物应置于厨窗内。
- 包装食品，不要散或与其它杂物接触。放置在仓库内可保持食物新鲜。

餐饮从业者

- 每天检查厨房的卫生状况。如果厨房不干净，应立即进行清理，恢复卫生状况后，他们才能处理食物。
- 应禁止非食物处理人员进入准备食物的区域。
- 餐柜应在进食前即被清洁，如果柜在不使用情况下，且需放置于橱柜内，让他们将食物放入自己的冰箱。
- 每次营业结束后，彻底清洗营业场所，清除所有食物残渣，以防蟑螂和老鼠出没。
- 先将食物放置盐放入整袋装或包装。
- 放置进笼箱，笼箱咬狗应盖上盖子。
- 定期清洁厕所，厕所保证卫生充足，卫生用品，洗手液，以及洗手液或干手器。