

# Utah Department of Agriculture Personal Hygiene Tailgate



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Utah Department of Agriculture



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# Personal Hygiene

What is personal hygiene?

- Poor hygiene can result in contamination of produce.
- Personal hygiene involves skin, hair, clothing, etc.
- Personal hygiene includes adequate clothing, hand washing, hair cover, personal habits, etc.
- Good personal hygiene helps to prevent potential contamination.



# Personal Hygiene



# Personal Hygiene

What activities can contaminate food?

- The following activities are prohibited in production areas and allowed only in designated break areas:
  - Eating
  - Drinking
  - Smoking
  - Spitting
  - Gum Chewing
- Jewelry can be worn if it is able to be cleaned



# Personal Hygiene



# Illness

How can you protect food when ill?

- Do not work in product areas if you are ill or are showing potential signs of illness.
- You should not work in production areas if you are experiencing symptoms including, but not limited to:
  - Diarrhea
  - Hacking Cough
  - Fever/Sore Throat
  - Infected Sore/Wound
  - Vomiting



# Illness





# Bodily Functions

What if you need to sneeze, cough, or blow your nose in a production area?

- These actions could contaminate the produce.
- Never, at any time, use your hands to cover a sneeze or cough if you are in a production area. Wash your hands immediately if this happens.
- Change your shirt immediately if you cough, sneeze, or blow your nose into it.

# Bodily Functions





# Hand Washing

How do you wash your hands?

- Hand washing is a preventive measure to avoid contamination.
- Wash your hands before starting work or putting on gloves. Wash your hands after using the bathroom, taking breaks, touching animals or waste, or when your hands may be contaminated.
- Steps to hand washing include:
  - 1) Wet hands with clean, running water.
  - 2) Apply soap once hands are wet.
  - 3) Lather hand with soap and water by rubbing together.
  - 4) Scrub hands for at least 20 seconds.
  - 5) Rinse hands under clean, running water.
  - 6) Dry hands with paper towel or air dry.

# Hand Washing



# Restrooms

What are guidelines for restroom use?

- Restrooms must be accessible for workers.
- Restrooms must be cleaned, sanitized, maintained, and stocked.
- Restrooms must contain running, potable water.
- Reusable towels must not be used. Single-use towels, sanitary towel service, or electric hand dryers are the only adequate products.
- Soap must be available. Hand sanitizer is not a substitute for hand washing.



# Restrooms



# Protective Clothing

## What is protective clothing?

- Protective clothing is to protect the produce as well as the worker.
- Protective clothing covers the exposed areas of the body.
- Protective clothing must be cleaned.
- There should be designated areas for clean clothing and soiled clothing.
- Protective clothing should be removed prior to using the restroom and never placed in personal vehicle or with personal items.
- Protective clothing can also include: gloves, aprons, arm sleeves, beard nets, hairnets, etc.



# Protective Clothing



# Gloves

How do you use gloves?

- Clean and sanitize reusable gloves after every use.
- If using disposable single-use gloves, replace gloves once soiled or torn.
- Gloves must be removed prior to using restrooms, contacting personal items, or after touching waste or trash.
- Wash your hands prior to putting on gloves.



# Gloves



# Personal Items

What should you do with personal items?

- Never bring personal items into production areas.
- Designated break areas should be labeled if using personal items is permitted.
- These items include, but are not limited to: jewelry that cannot be cleaned, phones, personal computers, keys, etc.



# Personal Items

