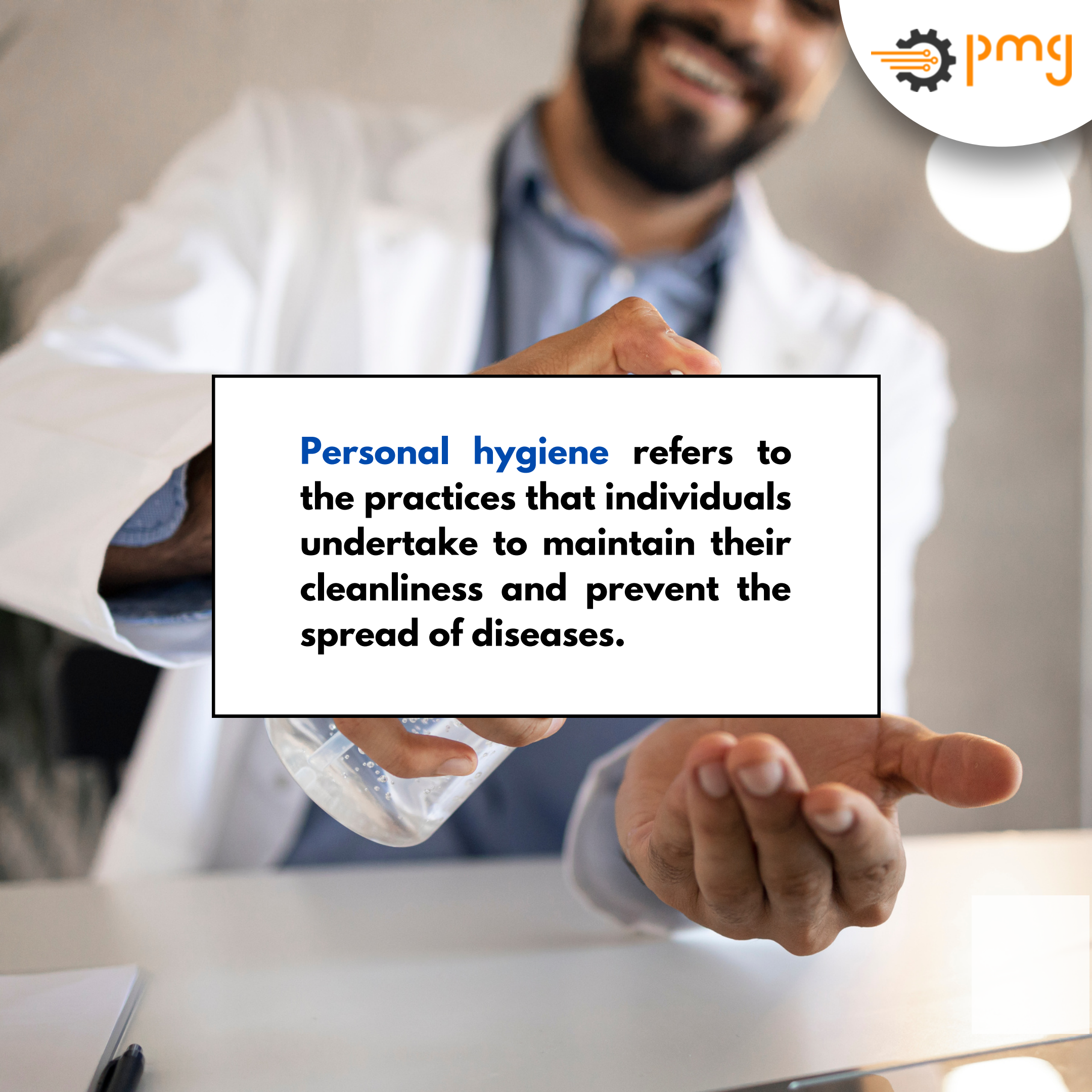


PERSONAL HYGIENE

IN FOOD PROCESSING PLANT



The background of the image shows a male doctor with a beard, wearing a white lab coat over a blue shirt. He is smiling and holding a clear plastic bottle of hand sanitizer in his right hand, dispensing it onto his left hand. The scene is set in a clinical or office environment with a white desk in the foreground.

Personal hygiene refers to the practices that individuals undertake to maintain their cleanliness and prevent the spread of diseases.

Why is it important in food processing plant?

- According to the World Health Organization, unsafe food is responsible for 600 million cases and 420, 000 deaths each year globally.
- It is mentioned that food handlers can transmit many diseases. Hence, it is essential that food handlers must maintain a high degree of personal cleanliness.
- **Food handler** is a person who directly manages in the handling of packed or unpacked food, food utensils, equipment or who handles surfaces likely to come into contact with food for a food business.



Wash your hands frequently

Hands should be washed thoroughly with soap and warm water for at least 20 seconds before starting work, after handling any contaminated material, and after using the restroom.



Wear clean and appropriate clothing

Employees should wear clean clothing that is appropriate for the job they are doing. Avoid wearing jewelry or clothing with pockets that can collect dirt or other contaminants.





Use hairnets and other protective gear

All employees should wear hairnets or other protective gear, such as beard covers, to prevent loose hairs or debris from falling into food products.



Avoid touching your face or hair

Employees should avoid touching their face or hair during work to prevent the spread of bacteria.



AVOID TOUCHING YOUR EYES,
NOSE, AND MOUTH.



Avoid eating, drinking, or smoking in food processing areas

Employees should not eat, drink, or smoke in food processing areas to prevent contamination of food products.



Report any symptoms of illness

Employees should report any symptoms of illness to their supervisor immediately and should not come to work if they are sick.



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