

MEETING BRIEF:



NATIONAL
**FOOD
SAFETY**
MONTH

RO Restaurant
owner.com

POOR PERSONAL HYGIENE

DATE: DAY: A.M. MOD: P.M. MOD:

Inform:

Guest Count/Sales	AM:	PM:
Business Pace		
Shift Expectations		
Announcements		
Events		

Educate:

Food & Beverage	Featured Item(s):
Discussion	
Focus	
Service/Hospitality	
Key Points	



Educate (cont.):

Teamwork/Safety/Other	
Focus	
Goal 1	
Goal 2	
Goal 3	

Inspire:

Welcome	Name	
Recognition	Name	Team
Thanks	Name	Team
Appreciations/Gratitudes	Voluntary	

Evaluate:

National Food Safety Month Week 3 : Preventing Poor Personal Hygiene

Hygiene is about more than being fresh and clean—it's about being safe. Even the cleanest restaurant in the world is no match for staff or habits that reintroduce contaminants to the mix.

Overall, poor hygiene increases contamination risk. Inadequate handwashing remains one of the biggest culprits behind poor hygiene, meaning many employees may not wash their hands properly or frequently enough.

When food handlers fail to maintain proper personal hygiene, like wearing clean clothing and PPE like gloves, they can spread pathogens like bacteria and viruses. This can lead to health code violations, failed health inspections, foodborne illness outbreaks, and, worst of all, closures.



How to Prevent It

- DO NOT work while sick or with open cuts or wounds
- Ensure all employees are trained on proper handwashing techniques
- Enforce frequent handwashing with handwashing stations and check-ins
- Always use gloves when handling ready-to-eat foods, and be sure to change gloves between tasks
- Never use hand sanitizer as a substitute for handwashing

Quick Self-Check

Put your personal hygiene chops to the test with this quick knowledge check.

1. For how long do experts recommend washing your hands/lathering/scrubbing?

- ☐ A. At least 60 seconds
- ☐ B. 20 seconds or longer
- ☐ C. 30 seconds or longer
- ☐ D. For as long as it takes to sing "Happy Birthday"

2. Which of the following is NOT a scenario in which an employee should change gloves?

- ☐ A. After handling raw meat, seafood, or poultry
- ☐ B. Gloves become dirty or torn
- ☐ C. Before preparing food for a guest with a food allergy
- ☐ D. Before handling food for a new guest
- ☐ E. After touching potentially unclean surfaces (i.e., a phone or door handle)

3. True or False: You don't need to wash your hands after touching your clothing or apron, as long as they're clean.

- ☐ True ☐ False



ANSWER KEY

QUICK SELF-CHECK

1. **B:** The CDC recommends washing your hands for at least 20 seconds. Need a timer? You can use the "Happy Birthday" song, but you'll have to hum it twice.
2. **D:** Employees should always change gloves before handling different ready-to-eat foods or starting a new task. However, if they are handling the same food for different guests at the same time, they may not need to change gloves yet.
3. **B:** You should always wash your hands after any activity that could lead to cross-contamination, including touching your hair, face, body, or clothes.