

## **Checklist for Good Hygiene Practice**

- Wash hands thoroughly before handling food and always after using the toilet;
- Always wash hands between handling different foods;
- Always cover cuts, burns or abrasions, with waterproof dressings (brightly coloured if possible);
- Do not spit, smoke, eat or chew gum when handling food;
- Do not cough or sneeze over food;
- Keep fingernails short and clean – try not to use nail varnish and avoid wearing finger jewellery;
- Do not lick fingers when handling food or wrapping ingredients;
- Long hair should be tied back;
- Try to wear a clean apron or similar covering;
- If you have or have recently had sickness or diarrhoea, or infected cuts and sores you should not prepare or handle food;
- Ensure the food preparation area, especially surfaces and utensils are clean.
- Raw meat should always be prepared and handled separately.