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Personal Health and Hygiene for Produce Workers



Good Personal Health and Hygiene Begins at Home and Continues at Work!

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Be Healthy and Clean!

- Bathe daily with soap and water
- Wash your hair
- Brush your teeth twice daily
- Wear clean and adequate clothing
- Wash your hands frequently and properly
- If you are sick, call your employer and follow company policy

Make personal health and hygiene a priority.



While working . . .

- Wear clean and appropriate clothing! Dirty clothes are a source of contamination. Items should not be stored in pockets.
- Cover your hair! (hair net, hats, cap or head band, hair coverings, beard restraints, and clothing that covers body hair). This will keep your hair from falling into produce packages or food.
- Change your apron whenever it becomes dirty! Dirty aprons can support the growth of bacteria and contaminate produce, produce contact surfaces, and food-contact surfaces.
- When it is possible, use sanitary gloves when handling produce.
- Don't wear false fingernails (artificial nails) or fingernail polish, both are potential physical contaminants.
- Limit wearing jewelry while working. Employees must not wear jewelry on their arms or hands, except wedding bands. Jewelry harbors germs that could contaminate produce or food. Jewelry could get caught on equipment or fall into produce or food, making it a potential physical contaminant.
- Workers should not eat, drink, chew gum, or smoke cigarettes while in the work area. Exhaled smoke contains droplets of saliva that can contaminate produce.
- Use a disposable towel to remove sweat before it becomes a contaminant.

If You are Sick . . .

- Tell a supervisor if you are sick. Your supervisor will help determine if you are too sick to work safely.
- Cover your mouth when coughing and your nose when sneezing. And wash your hands to prevent contamination.
- Avoid sneezing or coughing near produce. Sneezing and coughing causes droplet contamination. If you experience persistent sneezing, coughing, or runny nose, you must not work with produce or in produce contact areas.
- Tell a supervisor if you are diagnosed with Hepatitis, Shigella, Salmonella, E.coli, or if you are experiencing symptoms of a foodborne illness.