



Rules for good hygiene practice

- Wash and dry your hands thoroughly after going to the toilet and before handling food.
- Do not handle food if you are suffering from diarrhoea and /or vomiting.
- Tell your boss if you or anyone in your household is ill.
- Tell your boss if you have infected cuts or sores.
- Use bright coloured waterproof coverings for cuts and grazes.
- Do not spit, smoke, eat or chew gum when you are handling food.
- Make sure your work clothes are clean.
- Keep your workplace, especially surfaces and utensils clean.
- Tell your boss if you were ill while on holiday.
- If you have to visit the doctor, remember to say you are a food handler.

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Food Handlers Fitness to Work

Your responsibilities

You can pass on germs when you handle food. To prevent this you must:

- Always wash your hands
- Tell your boss if you are unwell

WASH YOUR HANDS THOROUGHLY USING WARM WATER AND SOAP

- After using the toilet, at home and at work
- Before starting work and after breaks
- After handling raw food
- After handling rubbish

Dry your hands after you have washed them

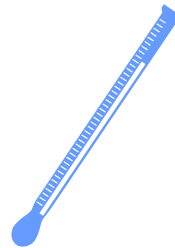
If you have sickness or diarrhoea it may be caused by a germ; you must not handle food until you are better.

Typhoid and paratyphoid fever are rare but serious illnesses. You must tell your boss if you think you have been in contact with either of these diseases.

Tell your boss if you:

- Have been sick (vomiting)
- Have diarrhoea
- Have infected (red, swollen, pus containing) sores or cuts
- Feel unwell
- Were ill while on holiday

If anyone in your household is sick or has diarrhoea



If you have been unwell either at home or abroad, complete this sickness record card and hand it to your employer for their records.

Sickness record card

Name: _____

Address: _____

Telephone _____

Symptoms:

Vomiting	<input type="checkbox"/>	Diarrhoea	<input type="checkbox"/>
Nausea	<input type="checkbox"/>	Head Ache	<input type="checkbox"/>
Fever	<input type="checkbox"/>	Rash	<input type="checkbox"/>

Date of Onset _____

Have you visited your doctor? _____

Identification of food poisoning organism by doctor
