



THE WORLD'S PREMIER  
CULINARY COLLEGE

## The Food Professional's Guide to Restaurant Safety and Cleanliness

[ciaprochef.com/restaurantsafety](http://ciaprochef.com/restaurantsafety)

### Personal Hygiene Guidelines

- ✓ Have physical and dental examinations at least once a year.
- ✓ Take a bath or shower daily.
- ✓ Use deodorants but refrain from perfumes and colognes, which can conflict with aromas from the food.
- ✓ Keep hair clean, neat, and under control.
- ✓ Wear clean, suitable clothing at all times.
- ✓ Wash hands frequently with germicidal soap and hot water before starting work, after using the toilet, after smoking, and before preparing food.
- ✓ Keep fingernails clean.
- ✓ Always keep clean rubberized finger bandages on cuts or sores. Rubber finger cots are particularly effective in guarding finger cuts.
- ✓ Avoid touching the scalp, face, eyes, and arms.
- ✓ Never use a serviette to wipe the face or arms.
- ✓ Do not wear jewelry or hair ornaments that may drop into food
- ✓ To prevent pencils and pens from falling into food when bending over, keep them in pockets below waist level. Never put pencils and pens in the mouth or behind the ears.
- ✓ Never smoke, spit, or chew gum on the job.
- ✓ Cover the face when sneezing or coughing.
- ✓ Always use an ice scoop for handling ice cubes, being careful to keep the handle out of the ice.
- ✓ Make use of a first-aid kit immediately after an accidental cut or burn.
- ✓ Stay at home if ill. Colds can be passed on to fellow employees or customers by breathing on utensils.
- ✓ Use a clean fork or spoon every time you taste food. To taste a liquid, ladle a small amount into a dish or saucer before tasting.
- ✓ Make certain that all equipment and utensils are clean and ready for use.
- ✓ Use only clean and sanitary hand towels.
- ✓ Keep your fingers at the edge of the plate when serving.
- ✓ Always carry clean tableware on a tray or plate, covered with a clean napkin.
- ✓ Always handle flatware and glassware by the handle, base, or stem.
- ✓ Never reuse perishable items such as cream, butter, or bread from a bussed table. They could have been contaminated. The exception may be individually wrapped coffee creamers or butter that has been kept on ice.
- ✓ Never touch food with the bare hands unless it is going to be cooked or reheated. Bread, butter, and
- ✓ fruit garnishes should be handled with utensils or plastic-gloved hands.