



SOUTH COAST LIFE CHURCH

Health and Hygiene Requirements

For all staff and volunteers working with food

Illness & Injury

If you are ill or have an infection you can easily transfer harmful bacteria or viruses to food.

Do not handle food if:

- you are ill with vomiting, diarrhoea, fever, or sore throat.
- your doctor has diagnosed that you have or carry a foodborne illness.

If you are working with food and become ill with any of the above symptoms, stop handling food and let the event organiser know immediately.

If you have infected sores on your hands, arm or face you may continue to handle food provided you take extra precautions to prevent food contamination by covering any skin sore.

General Hygiene

Anyone handling food must take all precautions to ensure that food, or surfaces that encounter food are not contaminated by their body or clothing. You are required to:

- avoid handling ready-to-eat food such as salads and cooked food, use tongs or other implements instead.
- wear clean outer clothing.
- make sure bandages and dressings on exposed parts of your body (such as the hands, arms, or face) are covered with waterproof coverings.
- not eat over uncovered food or equipment and utensils.
- not sneeze, blow, cough or smoke over uncovered food or equipment and utensils.

Hand Washing

The most important measure to protect food from contamination is proper hand washing. The Food Safety Standards require food handlers to wash their hands whenever hands are likely to be a source of contamination of food, including:

- before handling food.
- between handling raw food and food that is ready to eat.
- after using the toilet.
- after smoking, coughing, sneezing, blowing the nose, eating, or drinking.
- after touching hair, scalp, mouth, nose, or ears.
- after handling rubbish and other waste.

There are five steps that should be followed when washing hands. These are:

- wet hands under warm running water.
- soap hands, lathering well.

- rub thoroughly, including the wrists and between the fingers.
- rinse in clean water.
- dry thoroughly on paper towel, leaving no moisture on the hands.