The Safe Foodhandler

Inside this section:
- How Foodhandlers Can Contaminate Food
- Diseases Not Transmitted Through Food
- Components of a Good Personal Hygiene Program
- Management’s Role in a Personal Hygiene Program

After completing this section, you should be able to:
- Identify personal behaviors that can contaminate food.
- Identify proper handwashing procedures.
- Identify when hands should be washed.
- Identify appropriate hand sanitizers and when to use them.
- Identify hand maintenance requirements.
- Identify the proper procedure for covering cuts, wounds, and sores.
- Identify procedures that must be followed when using gloves.
- Identify jewelry that poses a hazard to food safety.
- Identify requirements for employee work attire.
- Identify the regulatory exceptions for allowing bare-hand contact with ready-to-eat and cooked food.
- Identify criteria for excluding an employee from the establishment or restricting them from working with or around food.
- Identify criteria for excluding or restricting employees from working within establishments that serve high-risk populations.
- Identify illnesses that are required to be reported to the health agency.
- Identify policies that should be implemented at the establishment regarding eating, drinking, and smoking while working with food.
CONCEPTS

▶ **Gastrointestinal illness**: Illness relating to the stomach or intestine.

▶ **Carrier**: Person who carries pathogens and infects others, yet never becomes ill himself.

▶ **Infected lesion**: Wound or injury contaminated with a pathogen.

▶ **Hand sanitizer**: Liquid used to lower the number of microorganisms on the skin surface. Hand sanitizers should be used after proper handwashing, not in place of it. Only those that have been approved by the FDA should be used.

▶ **Finger cot**: Protective covering used to cover a properly bandaged cut or wound on the finger.

▶ **Hair restraint**: Device used to keep foodhandlers’ hair away from food and to keep them from touching it.

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**Apply Your Knowledge**

Check to see how much you know about the concepts in this section. Use the page references provided to explore the topic in each question.

**Test Your Food Safety Knowledge**

1. **True or False**: During handwashing, foodhandlers must vigorously scrub their hands and arms for two minutes. *(See page 4-6.)*

2. **True or False**: Gloves should be changed at least every four hours during continual use. *(See page 4-9.)*

3. **True or False**: Foodhandlers must wash their hands after smoking. *(See page 4-7.)*

4. **True or False**: A foodhandler diagnosed with salmonellosis cannot continue to work at an establishment while he has the illness. *(See page 4-12.)*

5. **True or False**: Establishments should only use hand sanitizers that have been approved by the FDA. *(See page 4-7.)*

For answers, please turn to page 4-23.
Single-use gloves: Disposable gloves designed for one-time use to provide a barrier between hands and the food they come in contact with. Gloves should never be used in place of handwashing. Foodhandlers should wash hands before putting on gloves and when changing to a fresh pair.

Jaundice: Yellowing of the skin and eyes that could indicate a person is ill with hepatitis A.

INTRODUCTION
At every step in the flow of food through the operation—from purchasing and receiving through final service—foodhandlers can contaminate food and cause customers to become ill. Good personal hygiene is a critical protective measure against foodborne illness, and customers expect it.

You can minimize the risk of foodborne illness by establishing a personal hygiene program that spells out your specific hygiene policies, provides your employees with training on those policies, and enforces established policies. When employees have the proper knowledge, skills, and attitudes toward personal hygiene, you are one step closer to operating a safe food system.

HOW FOODHANDLERS CAN CONTAMINATE FOOD
Earlier, you learned that foodhandlers can cause illness when they transfer microorganisms to food they touch. Many times these microorganisms come from the foodhandlers themselves. Foodhandlers can contaminate food when they:

- have a foodborne illness.
- show symptoms of gastrointestinal illness (an illness relating to the stomach or intestine).
- have infected lesions (wounds or injuries).
- live with, or are exposed to, a person who is ill.
- touch anything that may contaminate their hands.

Even an apparently healthy person may be hosting foodborne pathogens. With some illnesses, such as hepatitis A, a person is at the most infectious stage of the disease for several
weeks before symptoms appear. With other illnesses, the pathogens may remain in a person’s system for months after all signs of infection have ceased. Some people are called carriers because they might carry pathogens and infect others, yet never become ill themselves.

Simple acts or personal behaviors can contaminate food. Since it is so easy to contaminate food, foodhandlers must pay close attention to what they do with their hands and maintain good personal hygiene. Actions to avoid include:

- Scratching the scalp
- Running fingers through hair
- Wiping or touching the nose
- Rubbing an ear
- Touching a pimple or an open sore
- Wearing a dirty uniform
- Coughing or sneezing into the hand
- Spitting in the establishment

**DISEASES NOT TRANSMITTED THROUGH FOOD**

In recent years, the public has expressed growing concern over communicable diseases spread through intimate contact or by direct exchange of bodily fluids. Diseases such as AIDS (Acquired Immune Deficiency Syndrome), hepatitis B and C, and tuberculosis are not spread through food.
COMPONENTS OF A GOOD PERSONAL HYGIENE PROGRAM

Good personal hygiene is key to the prevention of foodborne illness and includes:

A Maintaining personal cleanliness
   ▶ Proper bathing
   ▶ Hair washing

B Wearing proper work attire
   ▶ Clean hat or hair restraint
   ▶ Clean clothing
   ▶ Appropriate shoes
   ▶ Removing jewelry

C Following hygienic hand practices
   ▶ Handwashing
   ▶ Hand maintenance
   ▶ Proper glove use

Employees must also avoid unsanitary habits and actions, maintain good health, and report any illness or injury.

Hygienic Hand Practices

Handwashing

While handwashing may appear fundamental, many foodhandlers fail to wash their hands properly and as often as needed. As a manager, it is your responsibility to train your foodhandlers and then monitor them. Never take this simple action for granted. To ensure proper handwashing in your establishment, train your foodhandlers to follow the steps illustrated in Exhibit 4a on the next page.

Hand sanitizers (liquids used to lower the number of microorganisms on the skin surface) or hand dips may be used after washing, but should never be used in place of proper handwashing. If hand sanitizers are used, foodhandlers should never touch food or food-preparation equipment until the hand
Proper Handwashing Procedure

1. Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).

2. Apply soap.

3. Vigorously scrub hands and arms for at least twenty seconds.

4. Clean under fingernails and between fingers.

5. Rinse thoroughly under running water.

6. Dry hands and arms with a single-use paper towel or warm-air hand dryer.
sanitizer has dried. Establishments must only use hand sanitizers that have been approved by the FDA.

Foodhandlers must wash their hands before they start work and after the following activities:

- Using the restroom
- Handling raw food (before and after)
- Touching the hair, face, or body
- Sneezing, coughing, or using a handkerchief or tissue
- Smoking, eating, drinking, or chewing gum or tobacco
- Handling chemicals that might affect the safety of food
- Taking out garbage or trash
- Clearing tables or busing dirty dishes
- Touching clothing or aprons
- Touching anything else that may contaminate hands, such as unsanitized equipment, work surfaces, or washcloths

### Apply Your Knowledge

Put the handwashing steps in order by placing the number of the step in the space provided.

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- **A** Vigorously scrub hands and arms for at least twenty seconds.
- **B** Wet hands with running water as hot as you can comfortably stand (at least 100°F/38°C).
- **C** Rinse thoroughly under running water.
- **D** Clean under fingernails and between fingers.
- **E** Apply soap.
- **F** Dry hands and arms with a single-use paper towel or warm-air hand dryer.

For answers, please turn to page 4-23.
Bare-Hand Contact with Ready-To-Eat Food

Proper handwashing minimizes the risk of contamination associated with bare-hand contact with ready-to-eat food. For those jurisdictions that allow bare-hand contact with this food, establishments must have a verifiable written policy on handwashing procedures. Check with your regulatory agency for requirements in your jurisdiction.

Hand Maintenance

In addition to proper washing, hands need other regular care to ensure that they will not transfer microorganisms to food. To keep food safe, make sure foodhandlers follow these guidelines (see Exhibit 4b):

- **Keep fingernails short and clean.** Long fingernails may be difficult to keep clean.

- **Do not wear false fingernails.** False and acrylic nails should not be worn while handling food since they can be difficult to keep clean and can break off into food. Some jurisdictions allow single-use gloves to be worn over false nails. Check your local requirements.

- **Do not wear nail polish.** It can disguise dirt under nails and may flake off into food. Some jurisdictions allow single-use gloves to be worn over polished nails. Check your local requirements.

- **Cover all hand cuts and sores with clean bandages.** If hands are bandaged, clean gloves or finger cots, a protective covering, should be worn at all times to protect the bandage and to prevent it from falling off into food. You may need to move the foodhandler to another job, where he or she will not handle food or touch food-contact surfaces, until the injury heals.
Glove Use

Gloves can help keep food safe by creating a barrier between hands and food. When purchasing gloves for handling food, managers should:

► **Buy the right glove for the task.** Long gloves, for example, should be used for hand-mixing salads. Colored gloves can also be used to help prevent cross-contamination.

► **Provide a variety of glove sizes.** Gloves that are too big will not stay on the hand and those that are too small will tear or rip easily.

► **Consider latex alternatives for employees who are sensitive to the material.**

► **Focus on safety, durability, and cleanliness.** Make sure you purchase gloves specifically formulated for food contact, which include gloves bearing the NSF certification mark.

Gloves must never be used in place of handwashing. Hands must be washed before putting on gloves and when changing to a fresh pair. Gloves used to handle food are for single use only and should never be washed and re-used. They should be removed by grasping them at the cuff and peeling them off inside out over the fingers while avoiding contact with the palm and fingers.

Foodhandlers should change their gloves:

► as soon as they become soiled or torn.

► before beginning a different task.

► at least every four hours during continual use, and more often when necessary.

► after handling raw meat and before handling cooked or ready-to-eat food.
Maintaining Personal Cleanliness

In addition to following proper hand hygiene practices, foodhandlers must maintain personal cleanliness. They should bathe or shower before work. Foodhandlers must also keep their hair clean, since oily, dirty hair can harbor pathogens.

Proper Work Attire

A foodhandler’s attire plays an important role in the prevention of foodborne illness. Dirty clothes may harbor pathogens and give customers a bad impression of your establishment. Therefore, managers should make sure that foodhandlers observe strict dress standards.

Foodhandlers should:

A **Wear a clean hat or other hair restraint.** A hair restraint will keep hair away from food and keep the foodhandler from touching it. Foodhandlers with facial hair should also wear beard restraints.

B **Wear clean clothing daily.** If possible, foodhandlers should put on their work clothes at the establishment.

C **Remove aprons when leaving food-preparation areas.** For example, aprons should be removed and properly stored prior to taking out garbage or using the restroom.

D **Remove jewelry prior to preparing or serving food, or while working around food-preparation areas.** Jewelry can harbor microorganisms, can tempt foodhandlers to touch it, and may pose a safety hazard around equipment. Remove rings (except for a plain band), bracelets (including medical information jewelry), watches, earrings, necklaces, and facial jewelry (such as nose rings, etc.).

E **Wear appropriate shoes.** Wear clean, closed-toe shoes with a sensible, nonslip sole.

**Check with your local regulatory agency regarding requirements.** These requirements should be reflected in written policies, which should be consistently monitored and enforced. All potential employees should be made aware of these policies prior to employment.
Policies Regarding Eating, Drinking, Chewing Gum, and Tobacco

Small droplets of saliva can contain thousands of disease-causing microorganisms. In the process of eating, drinking, chewing gum, or smoking, saliva can be transferred to the foodhandler’s hands or directly to food being handled.

**Foodhandlers must not:**

- Smoke, chew gum or tobacco, eat, or drink

**When:**

- Preparing or serving food
- In food-preparation areas
- In areas used to clean utensils and equipment

Some jurisdictions allow employees to drink from a covered container with a straw while in these areas. Check with your local regulatory agency. Foodhandlers should eat, drink, chew gum, or use tobacco products only in designated areas, such as an employee break room. They should never be allowed to spit in the establishment.

If food must be tasted during preparation, it must be placed in a separate dish and tasted with a clean utensil. The dish and utensil should then be removed from the food-preparation area for cleaning and sanitizing.

**Policies for Reporting Illness and Injury**

Foodhandlers must report health problems to the manager of the establishment before working with food. If they become ill while working, they must immediately report their condition and if food or equipment could become contaminated, the foodhandler must stop working and see a doctor. There are several instances when a foodhandler must either be restricted from working with or around food or excluded from working within the establishment. (See Exhibit 4c on the next page.)
If the foodhandler must refrigerate personal medication while working, it must be stored inside a covered, leak-proof container that is clearly labeled.

Any cuts, burns, boils, sores, skin infections, or infected wounds should be covered with a bandage when the foodhandler is working with or around food or food-contact surfaces. Bandages should be clean, dry, and must prevent leakage from the wound. As previously mentioned, waterproof disposable gloves or finger cots should be worn over bandages on hands. Foodhandlers wearing bandages may need to be temporarily reassigned to duties not involving contact with food or food-contact surfaces.

### Handling Employee Illnesses

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| The foodhandler has one of the following symptoms:  
  - Fever  
  - Diarrhea  
  - Vomiting  
  - Sore throat with fever  
  - Jaundice (a yellowing of the skin and eyes) | Restrict them from working with or around food.  
Exclude them from the establishment if you primarily serve a high-risk population. |
| The foodhandler has been diagnosed with a foodborne illness. | Exclude them from the establishment and notify the local regulatory agency.  
Managers must report employee illnesses resulting from the following pathogens to the local health department:  
  - *Salmonella typhi*  
  - *Shigella* spp.  
  - Shiga toxin-producing *E. coli*  
  - Hepatitis A virus  
The manager must work with the local regulatory agency to determine when the foodhandler can safely return to work. |

If the foodhandler must refrigerate personal medication while working, it must be stored inside a covered, leak-proof container that is clearly labeled.

Any cuts, burns, boils, sores, skin infections, or infected wounds should be covered with a bandage when the foodhandler is working with or around food or food-contact surfaces. Bandages should be clean, dry, and must prevent leakage from the wound. As previously mentioned, waterproof disposable gloves or finger cots should be worn over bandages on hands. Foodhandlers wearing bandages may need to be temporarily reassigned to duties not involving contact with food or food-contact surfaces.
MANAGEMENT’S ROLE IN A PERSONAL HYGIENE PROGRAM

Management plays a critical role in the effectiveness of a personal hygiene program. (See Exhibit 4d.) Your responsibilities include:

- Establishing proper personal hygiene policies
- Training foodhandlers on personal hygiene policies
- Modeling proper behavior for foodhandlers at all times
- Supervising sanitary practices continuously, and retraining foodhandlers as necessary
- Revising policies when laws and regulations change, as well as when changes are recognized in the science of food safety, and retraining foodhandlers as necessary

Manager’s Role in Personal Hygiene

Managers must model proper behavior for foodhandlers at all times.

Apply Your Knowledge

Exclusion or Restriction?

Write an E in the space next to the statement if the foodhandler must be excluded from the establishment or an R if he or she should be restricted from working with or around food.

___ 1. Bill, a line cook at a family restaurant, has a sore throat with a fever.
___ 2. Joe, a hospital prep cook, has diarrhea.
___ 3. Mary, a sous chef, has been diagnosed with hepatitis A.

For answers, please turn to page 4-23.
Apply Your Knowledge

What’s Wrong with This Picture?

There are at least thirteen unsafe foodhandling practices in this picture. Identify them in the space provided.

For answers, please turn to page 4-23.
SUMMARY

Foodhandlers can contaminate food at every step in its flow through the establishment. Good personal hygiene is a critical protective measure against contamination and foodborne illness. A successful personal hygiene program depends on trained foodhandlers who possess the knowledge, skills, and attitude necessary to maintain a safe food system.

Foodhandlers have the potential to contaminate food when they have been diagnosed with a foodborne illness, show symptoms of a gastrointestinal illness, have infected lesions, or when they touch anything that might contaminate their hands. Foodhandlers must pay close attention to what they do with their hands since simple acts such as nose picking or running fingers through the hair can contaminate food. Proper handwashing must always be practiced. This is especially important before starting work, after using the restroom, after sneezing, coughing, smoking, eating, or drinking, and before and after handling raw food. It is up to the manager to monitor handwashing to make sure it is thorough and frequent. In addition, hands need other care to ensure they will not transfer contaminants to food. Fingernails should be kept short and clean. Cuts and sores should be covered with clean bandages. Hand cuts should also be covered with gloves or finger cots.

Gloves can create a barrier between hands and food; however, they should never be used in place of handwashing. Hands must be washed before putting on gloves and when changing to a fresh pair. Gloves used to handle food are for single use and should never be washed or re-used. They must be changed whenever contamination occurs.

All employees must maintain personal cleanliness. They should bathe or shower before work and keep their hair clean. Prior to handling food, foodhandlers must put on a clean hair restraint, clean clothing, and appropriate shoes, and remove jewelry. Aprons should always be removed and properly stored when the employee leaves food-preparation areas.

Establishments should implement strict policies regarding eating, drinking, smoking, and chewing gum and tobacco. These
activities should not be allowed when the foodhandler is preparing or serving food or working in food-preparation areas.

Foodhandlers must be encouraged to report health problems to management before working with food. If their condition could contaminate food or equipment, they must stop working and see a doctor. Managers must not allow foodhandlers diagnosed with a foodborne illness to work, and must report illnesses resulting from *Salmonella typhi*, *Shigella* spp., shiga toxin-producing *E. coli*, and the hepatitis A virus to the local regulatory agency. Managers must restrict foodhandlers from working with or around food if they have symptoms that include fever, diarrhea, vomiting, sore throat with fever, or jaundice. If a foodhandler has any one of these symptoms and the establishment primarily serves a high-risk population, the foodhandler must be excluded from the establishment.

Management plays a critical role in the effectiveness of a personal hygiene program. By establishing a program that includes specific policies, and by training and enforcing those policies, managers can minimize the risk of causing a foodborne illness. Most importantly, managers must set a good example by modeling proper personal hygiene practices.
Apply Your Knowledge

1. Randall and his manager made several errors. How many can you identify?

- If you can identify only eight to twelve errors, you may need to reread this section.
- If you can identify thirteen to seventeen errors, you have a good understanding of this section.
- If you can identify seventeen or more errors, you are on your way to becoming a health inspector.

For answers, please turn to page 4-23.

Randall’s Day

Randall is a foodhandler at a deli. It is 7:47 A.M. and Randall has just woken up. He is scheduled to be at work and ready to go by 8:00 A.M. When he gets out of bed, his stomach feels queasy, but he blames that on drinks he consumed the night before.

Fortunately, he lives only five minutes from work, but he does not have enough time to take a shower. He grabs the same uniform he wore the day before when he prepped chicken. Randall is wearing several pieces of jewelry from his night out on the town.

Randall does not have luck on his side today. En route to the restaurant, his oil light comes on and he is forced to pull off the road and add oil to his car. When he walks through the door at work, he realizes he has left his hat at home. Randall is greeted by an angry manager who puts him to work right away, loading the rotisserie with raw chicken. He then moves to serving a customer who orders a freshly made salad. Randall is known for his salads and makes the salad to the customer’s approval.

The deli manager, short staffed on this day, asks Randall to take out the garbage, then prepare potato salad for the lunch-hour rush. On the way back in, Randall mentions to the manager that his stomach is bothering him. The manager, thinking of his staff shortage, asks him to stick it out as long as he can. Randall agrees and heads to the restroom in hope of relieving his symptoms. After quickly rinsing his hands in the restroom, he finds that the paper towels have run out. Short of time, he wipes his hands on his apron.

Later, Randall cuts his finger while preparing the potato salad. He bandages the cut and continues his prep work. The manager summons Randall to clean the few tables the deli has made available for customers. Randall puts on a pair of single-use gloves and cleans and sanitizes the tables. When finished, he grabs a piece of chicken from the rotisserie for a snack and immediately goes back to preparing the potato salad because it is almost noon.
Apply Your Knowledge

1. Explain how Marty might have caused an outbreak of shigellosis.
2. What measures should have been taken to prevent it?

For answers, please turn to page 4-23.

A Case in Point

Marty works for a catering company. A few days ago, he was serving hot food from chafing dishes at an outdoor music festival. He did not wear gloves because he used spoons and tongs to serve the food. His manager noticed that Marty made multiple trips to the bathroom during his four-hour shift. These trips did not interrupt service to customers because there were plenty of staff members on hand and Marty hurried to and from the restroom.

The nearest restroom had soap, separate hot and cold water faucets, and a working hot-air dryer, but no paper towels. Each time Marty used the restroom, he washed his hands quickly and then dried them on his apron. Throughout the following week, the manager of the catering company received several telephone calls from people who had attended the music festival and had eaten their food. They each complained of diarrhea, fever, and chills. One call was from a mother of a young boy who was hospitalized for dehydration. The doctor reported that the boy had shigellosis.
## Apply Your Knowledge

Use these questions to test your knowledge of the concepts presented in this section.

## Multiple-Choice Study Questions

1. **Which of the following personal behaviors can contaminate food?**
   - A. Touching a pimple
   - B. Touching hair
   - C. Nose picking
   - D. All of the above

2. **After you have washed your hands, which of the following items should be used to dry them?**
   - A. Your apron
   - B. Single-use paper towels
   - C. A common cloth
   - D. A wiping cloth

3. **A deli worker stops making sandwiches to use the restroom. She must first**
   - A. wash her hands.
   - B. take off her hat.
   - C. take off her apron and properly store it.
   - D. change her uniform.

4. **Which of the following items can contaminate food?**
   - A. Rings
   - B. A watch
   - C. Earrings
   - D. All of the above

5. **Which of the following is the proper procedure for washing your hands?**
   - A. Run hot water (at least 100°F [38°C]), moisten hands and apply soap, vigorously scrub hands and arms, apply sanitizer, dry hands.
   - B. Run hot water (at least 100°F [38°C]), moisten hands and apply soap, vigorously scrub hands and arms, rinse hands, dry hands.
   - C. Run cold water (at least 41°F [5°C]), moisten hands and apply soap, vigorously scrub hands and arms, rinse hands, dry hands.
   - D. Run cold water (at least 41°F [5°C]), moisten hands and apply soap, vigorously scrub hands and arms, apply sanitizer, dry hands.

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### Apply Your Knowledge

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<tr>
<td>6. Establishments must only use hand sanitizers that</td>
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<td>A. dry quickly.</td>
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<td>B. can be dispensed in a liquid.</td>
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<td>C. have been approved by the FDA.</td>
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<td>D. can be applied before handwashing.</td>
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<td>7. Which foodhandler is least likely to contaminate the food she will handle?</td>
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<td>A. A foodhandler who keeps her fingernails long</td>
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<td>B. A foodhandler who keeps her fingernails short</td>
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<td>C. A foodhandler who wears false fingernails</td>
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<td>D. A foodhandler who wears nail polish</td>
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<td>8. Kim wore disposable gloves while she formed raw ground beef into patties. When she was finished, she continued to wear the gloves while she sliced hamburger buns. What mistake did Kim make?</td>
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<td>A. She failed to wash her hands and put on new gloves after handling raw meat and before handling the ready-to-eat buns.</td>
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<td>B. She failed to wash her hands before wearing the same gloves to slice the buns.</td>
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<td>C. She failed to wash and sanitize her gloves before handling the buns.</td>
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<td>D. She failed to wear re-usable gloves.</td>
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<td>9. A foodhandler who has been diagnosed with shigellosis should be</td>
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<td>A. told to stay home.</td>
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<td>B. told to wear gloves while working with food.</td>
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<td>C. told to wash his hands every fifteen minutes.</td>
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<td>D. assigned to a nonfoodhandling position until he is feeling better.</td>
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<td>10. Managers must report employee illnesses resulting from this pathogen.</td>
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<tr>
<td>A. <em>Clostridium perfringens</em></td>
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<td>B. <em>Vibrio vulnificus</em></td>
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<td>C. <em>Shigella</em> spp.</td>
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<td>D. <em>Clostridium botulinum</em></td>
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11. Some jurisdictions will allow bare-hand contact with cooked and ready-to-eat food if
   A. employees double-wash their hands.
   B. employees keep their fingernails short and clean.
   C. employees use hand sanitizers after properly washing their hands.
   D. the establishment has a verifiable written policy on handwashing procedures.

12. Foodhandlers should be restricted from working with or around food if they are experiencing which of the following symptoms?
   A. Soreness, itching, fatigue
   B. Fever, vomiting, diarrhea
   C. Headache, irritability, thirst
   D. Muscle cramps, insomnia, sweating

13. Which of the following policies should be implemented at establishments?
   A. Employees must not smoke while preparing or serving food.
   B. Employees must not eat while in food-preparation areas.
   C. Employees must not chew gum or tobacco while preparing or serving food.
   D. All of the above

14. Stephanie has a small cut on her finger and is about to prepare chicken salad. How should Stephanie’s manager respond to the situation?
   A. Send Stephanie home immediately.
   B. Cover the hand with a glove or finger cot.
   C. Cover the cut with a clean bandage and a glove or finger cot.
   D. Cover the cut with a clean bandage.

Continued on next page…
15. Hands should be washed after which of the following activities?
   A. Touching your hair  C. Using a handkerchief
   B. Eating  D. All of the above

16. Al, the prep cook at the Great Lakes Senior Citizen Home, called his manager and told her that he had a bad headache, upset stomach, and a sore throat with fever. What is the manager required to do with Al?
   A. Tell him to rest for a couple hours and then come in.
   B. Tell him to go to the doctor and then immediately come to work.
   C. Tell him that he cannot come to work and that he should see a doctor.
   D. Tell him that he can come in for a couple of hours and then go home.

For answers, please turn to page 4-23.
### Apply Your Knowledge

#### Test Your Food Safety Knowledge

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<td>False</td>
<td>2. True</td>
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<td>True</td>
<td>3. True</td>
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#### Put the Steps in Order

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<td>C. 5</td>
<td>D. 4</td>
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#### Exclusion or Restriction

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#### What's Wrong with This Picture?

1. The woman is smoking.
2. The woman did not remove her jewelry prior to preparing food.
3. The woman does not have her hair restrained properly.
4. The woman is wearing nail polish.
5. The woman has long fingernails or is wearing false nails.
6. A man is scratching a bandaged cut.
7. A man has an unrestrained beard.
8. A man is drinking from an uncovered container in a food-prep area.
9. A man is sneezing on the cutting board and prep table.
10. A man is eating in a food-prep area.
11. A man who has been cutting raw meat is about to help another man prepare raw vegetables without removing his gloves and washing his hands.
12. A man is wiping his gloved hands on his apron.
13. A man is ill and should not be working with food.

#### Randall’s Day

1. Randall made several errors.
2. Randall failed to bathe or shower before work.
3. Randall wore a dirty uniform to work.
4. Randall dressed prior to coming to work.
5. Randall failed to remove jewelry prior to preparing and serving food.
6. Randall failed to wear a hair restraint.
7. Randall failed to report his illness to the manager.
8. Randall failed to wash his hands before handling the raw chicken.
9. Randall failed to wash his hands after handling the raw chicken.
10. The manager failed to inquire about the symptoms of Randall’s illness. If Randall were to report that he had diarrhea, the manager should restrict him from working with or around food.
11. Randall failed to wash his hands properly after taking out the trash.
12. Randall failed to wash his hands properly after using the restroom.
13. Randall failed to dry his hands properly after washing them, recontaminating his hands when he wiped them on his apron.
14. Randall wore his apron into the restroom.
15. The manager failed to ensure that the restroom was adequately stocked with paper towels.
16. Randall failed to inform the manager after cutting his finger.
17. Randall failed to place a finger cot or a single-use glove over the bandaged finger.
18. Randall failed to wash his hands before putting on the single-use gloves.
19. Randall touched the ready-to-eat chicken with his contaminated gloves.
20. Randall was eating chicken while preparing food.

*Continued on the next page…*
Apply Your Knowledge

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<td>Marty had shigellosis. Because he was in a hurry, he failed to wash and dry his hands properly. Even though he used tongs to handle the food, Marty must have made direct contact with the food or food-contact surfaces, which resulted in a foodborne-illness outbreak. Marty should have informed his manager that he was ill. However, his frequent and hurried trips to the restroom should have indicated this to the manager. If, after exploring the problem, the manager found that Marty was suffering from diarrhea, he should have restricted Marty from working with or around food.</td>
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<td>Notes</td>
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