

Why Personal Hygiene is Critical in the Food Industry

In the food industry, personal hygiene is the first line of defense against foodborne illness. Even the best systems fail if hygiene practices are ignored.

Why personal hygiene matters:

Prevents contamination: Hands, hair, nails, and clothing can easily transfer harmful microorganisms to food.

Protects consumers' health: Poor hygiene is a leading cause of food poisoning outbreaks worldwide.

Maintains food quality & shelf life: Contaminated food spoils faster and leads to customer complaints and product loss.

Ensures compliance with food safety standards: HACCP, GMP, and ISO 22000 all place strong emphasis on personal hygiene controls.

Builds food safety culture: When staff follow hygiene rules consistently, food safety becomes a habit—not a rule.

• Key hygiene practices every food handler must follow: ✓

Proper handwashing at critical times ✓

Clean uniforms and protective clothing ✓

No jewellery, watches, or long nails ✓

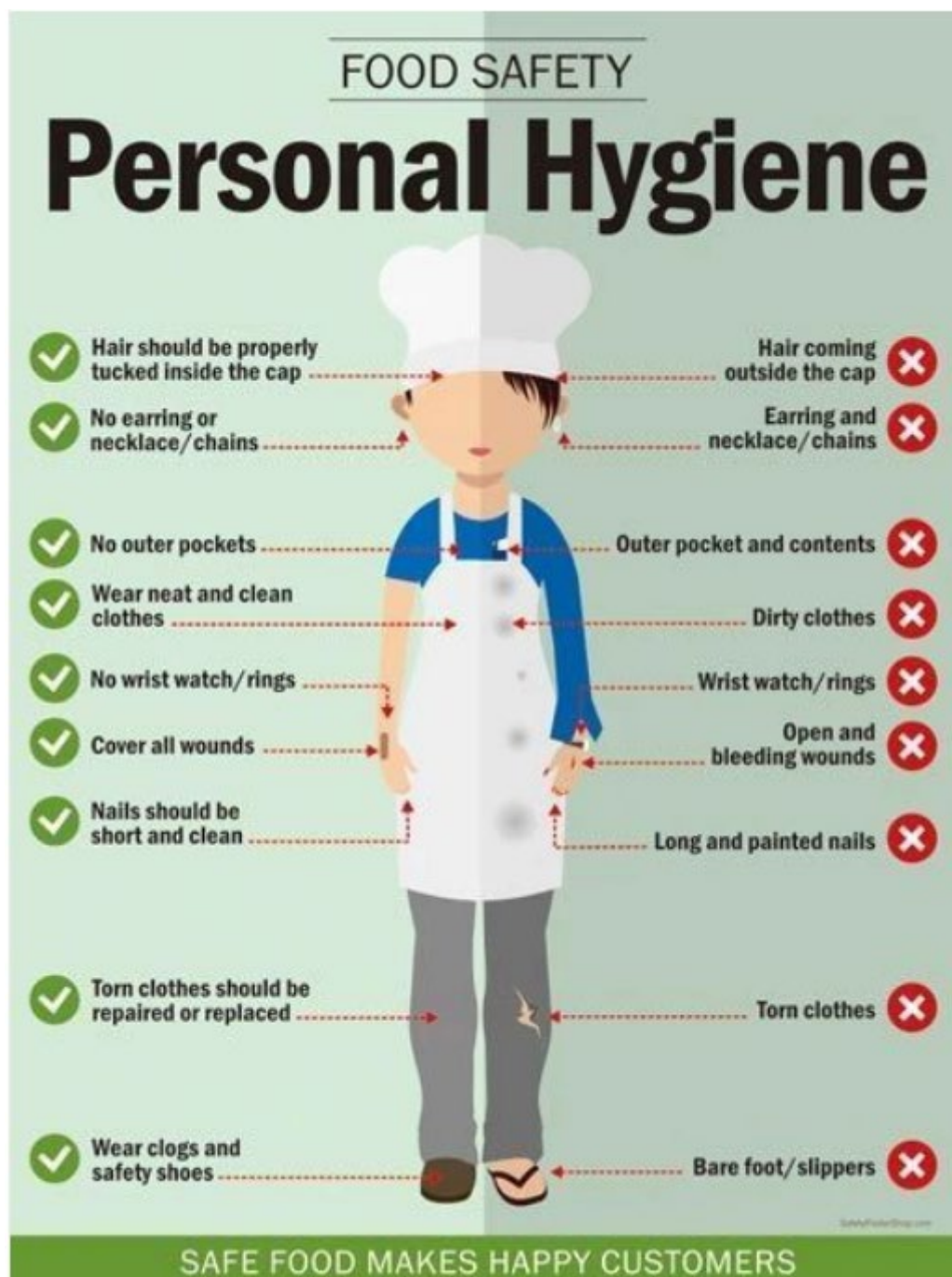
Correct glove usage (not a replacement for handwashing) ✓

Reporting illness before handling food ✓

Food safety starts with people, not paperwork. One careless action can undo an entire food safety system.

Personal Hygiene Checklist: ✓ Wash hands properly before starting work ✓ Wear clean protective clothing (lab coat, apron, gloves, hairnet) ✓ Keep nails short and clean ✓ Avoid wearing jewelry, watches, or rings in production areas ✓ Cover cuts or wounds with waterproof bandages ✓ Do not work when sick (fever, vomiting, infections) ✓ Avoid touching the face, hair, or phone during work ✓ Use designated hand wash and sanitizing stations ✓ Follow proper coughing and sneezing etiquette ✓ Maintain overall cleanliness and grooming

Should you have any further questions, please contact Shire's Environmental Health Officer, via email health@coolgardie.wa.gov.au.



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Why personal hygiene matters:



1 Prevents Contamination



2 Protects Consumers' Health



3 Maintains Food Quality & Shelf Life



4 Ensures Compliance with HACCP, GMP & ISO 22000



5 Builds Food Safety Culture

Key Hygiene Practices for Food Handlers:



✓ Proper Handwashing

✓ Clean Uniforms & Protective Clothing



✓ No Jewelry, Watches, or Long Nails

✓ Correct Glove Usage



✓ Report Illness Before Handling Food

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