

# Personal Hygiene in Food Business Operations

A guide book for operations of;

- Hotels and restaurants
- Food factories
- Milk/Diary establishments
- Farms
- Meat establishments
- Food handling, transporting, preparation and service establishments



This is an A5 65 page well drafted and well presented book explaining various aspects of personal hygiene, what it is, and how it affects the safety of food in the food business operation. It clarifies the link between personal hygiene and business survival and growth and emphasizes the need by food business operators to take personal/personnel hygiene seriously, as part of business growth strategies.

It describes in details the specific personal/personnel hygiene issues that must be observed and elaborates the Don'ts and Dos of personnel hygiene as applied to different food operations basing on practical scenarios observed and witnessed in many developing countries and especially using Uganda's experience. It explains in a step wise manner, how individuals working in different sections/areas of the different categories of food business operations must conduct themselves, including the

responsibility of the managers and supervisors, to ensure that the individuals/workers actions do not impact the safety of the food.

This guide book is divided into three sections to guide food business operators to maintain a sense of good personal hygiene: These include

**a) Body care and safeguarding in a food facility**

This section focuses on hygiene of hands, finger nails, nose, mouth, arm pits and private parts. Other issues discussed in this section are the body items to be left out of the food handling areas.

**b) Dressing for work in a food facility**

This section shows reasons why one should ensure proper clothing in the food handling operations, dressing procedure for food handlers, foot care-gumboots, shoes, sandals others and hygiene don'ts for the foot while in the food handling area.

**c) Personal health consciousness in a food facility**

In this section focus is put on diseases that managers and workers should be conscious about in a food handling area and why. The guide book has specific sections dedicated to restaurant operations, all types of kitchens, farms, factories, milk handling centers, food markets, meat handling centers, and food vending business operations; and therefore anyone involved as a player at all food industry levels of production, handling, and processing, transportation, preparation and service, will find this guide book a key resource he/she needs to turn round their businesses.

This guide book will specifically be vital and a “must have” for cleaners, chefs, store keepers, supervisors, food engineers, waiters, managers, market vendors, meat packers, butchery operators, owners of all establishments and factory food handlers and those working in all operations dealing with all forms of food. The management of these food operations should acquire copies of the guide book as the book is tailored to serve as reference materials for all modules their workers need to be trained in. The guide can itself serves as a training tool since it is drafted in modular format and designed to provide step by step guidance and learning to all individuals working

in all sections of the food handling facility. Other professionals and specialists working in various fields of food safety and hygiene control and management, training, research, extension and advisory services will find this book an invaluable reference material. It is also recommended for them

In addition to this guide book, the Food Safety Academy of Food Safety Associates Ltd offers a tailor made Training Course in Personal Hygiene to all interested operators of all categories of food establishments; and individuals. If interested in training in personal hygiene for any category of food handling operations, please check for more information in the **Food Safety Academy prospectus** under “Food Safety Academy” Section of our website for details on how you can receive/participate in the training.

Please look out in book stores for a copy of the book, or send an email to [foodsafety@foodsafetyltd.com](mailto:foodsafety@foodsafetyltd.com), or call +256 393 100 655 to order for your copy of this important guide book.