

SANITATION AND SAFETY N4 - MEMO



Module 1: Hygiene

Learning Objective:

1.2.2 Procedures for maintaining good personal hygiene

- Discuss procedures for the maintaining of good personal hygiene for:
- Clothing of the worker in catering services (p 8-9 Notes & p 9-10 Future)

Name and describe SEVEN aspects that should be taken into consideration when choosing suitable clothing for food handlers.

(7 x 2)

(14)

Protective:✓

- Protective clothing is worn over outdoor clothes, it should completely cover all clothes.✓
- Buttons used as fasteners are also coloured as they can fall off and cause physical contamination.✓
- Prevent hair from falling into food.✓
- From excessive heat.✓
- No external pockets as they are likely to catch on machinery and can be dangerous.✓

Washable✓

- Clothing must be of an easily washable material.✓
- Buttons could not be washable, therefore must be taken to a dry-cleaner regularly.✓
- It is preferable that overalls should be laundered commercially.✓

Dirty and clean overalls must be put away separately.✓

Suitable colour✓

- Light colours, but preferably white in colour.✓
- White clothing is readily seen to be soiled when it needs to be changed causing the workers to work cleaner when wearing white.✓
- Colour substances in the material should not irritate the skin.✓
- White reflects sun-rays and is cool to wear, whereas darker colours absorb heat/sun-rays and is warmer to wear.✓
- Chef's trousers, black or blue and white check, are practical colours but also require frequent changing.✓

Light in weight✓

- Clothing must be light in weight and comfortable, not tight.✓
- Heavy clothing could be uncomfortable and a heavy hat in the heat of the kitchen causes headaches.✓

Well fitted✓

- Must not be too wide, too tight.✓
- It must fit properly.✓
- Too wide clothes look shabby and is also dangerous, since it could get caught in the moving parts of equipment.✓
- Too tight clothes can limit movement.✓
- When fitting correctly, air can circulate between the clothes and the body.✓
- It must not be tight fitting, closing blood circulation e.g. elastic in underwear and socks.✓

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Yi-Tong Ma



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