

## Advisory Note 2 The Essentials of Food Hygiene

- Keep yourself clean and wear clean clothing
- Tell your supervisor, before commencing work of any skin, nose, throat, stomach or bowel trouble or infected wound. You are breaking the law if you do not.
- Always wash your hands thoroughly: - before handling food, after using the toilet, handling raw foods or waste, before starting work, after every break, after blowing your nose.
- Avoid unnecessary handling of food.
- Do not smoke, eat or drink in a food room, and **never** cough or sneeze over food.
- If you see something wrong – tell your supervisor.
- Do not prepare food too far in advance of service.
- Keep perishable food either refrigerated or piping hot.
- Keep the preparation of raw and cooked food strictly separate.
- Clean as you go. Keep all equipment and surfaces clean.
- Follow any food safety instructions either on food packaging or from your supervisor.

**For further Advice/Information contact  
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