## Food Safety: Personal Hygiene Checklist Hair properly tucked inside protective headgear Beard kept clean and well-groomed or covered No earrings, nose rings, necklaces, or chains. If rings cannot be removed, cover them with a blue plaster No outer pockets Clean, neat clothes Wounds covered with a blue plaster Short, clean. Nails. Disposable gloves and arm guards can be used for extra protection No watches, rings or other jewelry Neat clothing with no tears Comfortable clogs or safety shoes - no bare skin

Safe food starts with good hygiene

