

## **SHIRLEY CHILDREN'S CENTRE** **THE TEN GOLDEN RULES FOR FOOD HANDLERS**

- 1 **ALWAYS** wash your hands before handling food, after using the toilet and regularly throughout the preparation, cooking and serving of food or snacks.
- 2 **TELL** your line manager at once of any skin, nose, and throat or bowel trouble.
- 3 **ENSURE** cuts and sores are covered with waterproof dressings, preferably blue.
- 4 **WEAR** appropriate protective clothing when handling food.
- 5 **DO NO SMOKE** or wear jewellery in a food room. Never cough or sneeze over food.
- 6 **CLEAN** as you go. Keep all equipment and surfaces clean.
- 7 **PREVENT** cross-contamination. Prepare raw and cooked food in separate areas if possible. Keep your hands off food as far as possible.
- 8 **COOK** foods thoroughly. Keep food covered and either refrigerated or piping hot.
- 9 **ENSURE** waste food is disposed of properly. Keep the lid on the dustbin and wash your hands after putting waste in it.
- 10 **TELL** your line manager if you cannot follow the rules. **DO NOT BREAK THE LAW.**

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