A GUIDE TO

PERSONAL HYGIENE

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WHEN TO WASH YOUR HANDS

- Before handling fruit and vegetables
- After using the washroom
- After a break, smoking or eating
- After hand-to-face contact (e.g., coughing, sneezing, blowing nose)
- After applying insect repellent or sunscreen
- After handling any materials other than fruit and vegetables (e.g., garbage, cleaning and maintenance materials)

HOW TO WASH YOUR HANDS

- Use hand wipes **AND** use one to two squirts of waterless, alcohol-based hand sanitizer
  OR
- Use potable water and soap (scrub hands well for 20 seconds) and dry with a paper towel
  OR
- Use non-potable water, dry with a paper towel and use hand sanitizer

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GOOD HYGIENE PRACTICES

- Use the toilet and hand washing facilities provided
- Put garbage, waste and recyclables into proper containers
- Eat, drink and smoke only in designated areas
- Report illnesses (e.g., vomiting, diarrhea) to your supervisor
- Do not wear jewellery

USING GLOVES

- Do not use gloves as a substitute for hand washing
- Wash hands before putting on gloves
- Remove gloves when leaving work area
- Wash reusable gloves before beginning work, when changing tasks, and after any contact that could contaminate product
- Cover cuts/sores with a bandage and waterproof gloves