

Food Safety Management: Chapter 28. Personal Hygiene and Health

Ewen C.D. Todd

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Outbreaks involving infected food workers in foodservice settings have resulted in many cases and deaths. Multiple-ingredient foods are most frequently associated with such outbreaks, probably because of frequent hand contact during preparation and serving. Many of the workers are asymptomatic shedders, are in contact with ill family members, handle raw foods of animal origin or use improper hygienic practices. Stools of infected persons can carry billions of pathogens and many of these become deposited on hands following defecation. Exclusion policies for food workers have limitations because of the difficulty in detecting pathogens periodically excreted in stools. Thus, barriers to contamination of food by workers include an appropriate flow of raw food to processed food in food operations, and the use of food shields, gloves, utensils and proper hand hygiene. Unfortunately, compliance with hand washing is not ideal, but can be improved through training and employee motivation. Most importantly is the culture of the organization to which the worker belongs and the knowledge, task modeling and oversight by the local person in charge.



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