

## CHAPTER 5

### Personal Hygiene

#### Section 1. Employee Health.

(a) Food employees experiencing persistent sneezing, coughing, or a runny nose that causes discharges from the eyes, nose, or mouth may not work with exposed food; clean equipment, utensils, and linens; or unwrapped single-service or single-use articles.

#### Section 2. Personal Cleanliness.

(a) Food employees shall keep their hands and exposed portions of their arms clean.

(b) Food employees shall clean their hands and the exposed portions of their arms with a cleaning compound in a lavatory that is equipped as specified under chapter 8, section 55(a), by vigorously rubbing together the surfaces of their lathered hands and arms for at least 20 seconds and thoroughly rinsing with clean water. Employees shall pay particular attention to the areas underneath the fingernails and between the fingers.

(c) Food employees shall clean their hands and exposed portions of their arms as specified under chapter 5, section 2, immediately before engaging in food preparation including working with exposed food, clean equipment and utensils, and unwrapped single-service and single-use articles and:

(i) After touching bare human body parts other than clean hands and clean, exposed portions of arms;

(ii) After using the toilet room;

(iii) After caring for or handling service animals or aquatic animals as specified in chapter 5, section 5(e);

(iv) After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating, or drinking;

(v) After handling soiled equipment or utensils;

(vi) During food preparation, as often as necessary to remove soil and contamination and to prevent cross contamination when changing tasks;

(vii) When switching between working with raw food and working with ready-to-eat food;

(viii) After dressing or handling diseased carcasses, inedibles, viscera, or paunches; and

(ix) After engaging in other activities that contaminate the hands.

(d) Food employees shall clean their hands in a handwashing lavatory and may not clean their hands in a sink used for food preparation, or in a service sink or a curbed cleaning facility used for the disposal of mop water and similar liquid waste.

(e) Food employees shall keep their fingernails trimmed, filed, and maintained so the edges and surfaces are cleanable and not rough.

(f) Unless wearing intact gloves in good repair, a food employee may not wear fingernail polish or artificial fingernails when working with exposed food.

(g) A hand sanitizer and a chemical hand sanitizing solution used as a hand dip shall:

(i) Comply with one of the following:

(A) Be an approved drug that is listed in the FDA publication Approved Drug Products with Therapeutic Equivalence Evaluations, as amended, based on safety and effectiveness; or

(B) Have active antimicrobial ingredients that are listed in:

(I) The FDA monograph for OTC Health-Care Antiseptic Drug Products as an antiseptic handwash; and

(ii) Comply with one of the following:

(A) Have components that are exempted from the requirement of being listed in federal Food Additive regulations as specified in 21 CFR 170.39 - Threshold of regulation for substances used in food-contact articles; or

(B) Comply with and be listed in:

(I) 21 CFR 178 - Indirect Food Additives: Adjuvants, Production Aids, and Sanitizers as regulated for use as an additive with conditions of safe use; or

(II) 21 CFR 182 - Substances Generally Recognized as Safe, 21 CFR 184 - Direct Food Substances Affirmed as Generally Recognized as Safe, or 21 CFR 186 - Indirect Food Substances Affirmed as Generally Recognized as Safe for use in contact with food; and

(iii) Be applied only to hands that are cleaned as specified under chapter 5, section 2(b).

(h) If a hand sanitizer or a chemical hand sanitizing solution used as a hand dip does not meet the criteria specified under chapter 5, section 2(g), use shall be:

(i) Followed by thorough hand rinsing in clean water before hand contact with food or by the use of gloves; or

(ii) Limited to situations that involve no direct contact with food by the bare hands.

(i) A chemical hand sanitizing solution used as a hand dip shall be maintained clean and at a strength equivalent to at least one hundred (100) mg/l chlorine.

### Section 3. Gloves, Use Limitation.

(a) If used, single-use gloves shall be used for only one task such as working with ready-to-eat food or with raw animal food, used for no other purpose, and discarded when damaged or soiled, or when interruptions occur in the operation.

(b) Except as specified in chapter 5, section 3(c), slash-resistant gloves that are used to protect the hands during operations requiring cutting shall be used in direct contact only with food that is subsequently cooked as specified under chapter 3, section 41, such as frozen food or a primal cut of meat.

(c) Slash-resistant gloves may be used with ready-to-eat food that will not be subsequently cooked if the slash-resistant gloves have a smooth, durable, and nonabsorbent outer surface; or if the slash-resistant gloves are covered with a smooth, durable, nonabsorbent glove, or a single-use glove.

(d) Cloth gloves may not be used in direct contact with food unless the food is subsequently cooked as required under chapter 3, section 41, such as frozen food or a primal cut of meat.

### Section 4. Clothing.

(a) Food employees shall wear clean outer clothing to prevent contamination of food, equipment, utensils, linens, and single-service articles.

(b) Except as provided in chapter 5, section 4(c), food employees shall wear hair restraints such as hats, hair coverings or nets, beard restraints, and clothing that covers body hair that are designed and worn to effectively keep their hair from contacting

exposed food; clean equipment, utensils, and linens; and unwrapped single-service and single-use articles.

(c) This section does not apply to food employees such as counter staff who only serve beverages and wrapped or packaged foods, hostesses, and wait staff if they present a minimal risk of contaminating exposed food; clean equipment, utensils, and linens; and unwrapped single-service and single-use articles.

#### Section 5. Employee Practices.

(a) Except as specified in chapter 5, section 5(b), an employee shall eat, drink, or use any form of tobacco only in designated areas where the contamination of exposed food; clean equipment, utensils, and linens; unwrapped single-service and single-use articles; or other items needing protection cannot result.

(b) A food employee may drink from a closed beverage container if the container is handled to prevent contamination of:

(i) The employee's hands;

(ii) The container; and

(iii) Exposed food; clean equipment, utensils, and linens; and unwrapped single-service and single-use articles.

(c) While preparing food, food employees may not wear jewelry on their arms and hands. This section does not apply to a plain ring such as a wedding band.

(d) Except as specified in chapter 5, section 5(e), food employees may not care for or handle animals that may be present such as patrol dogs, service animals, or pets that are allowed as specified in chapter 9, section 52(b)(ii)-(iv).

(e) Food employees with service animals may handle or care for their service animals and food employees may handle or care for fish in aquariums or molluscan shellfish or crustacea in display tanks if they wash their hands as specified under chapter 5, sections 2(b) and (c)(iii).