

GOOD HOUSEKEEPING, FOOD AND PERSONAL HYGIENE TIPS



食物与个人卫生 小贴士



FOOD HANDLERS



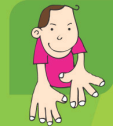
- Do not work when feeling unwell. Seek medical attention immediately.



- Wash your hands with soap
 - Before handling food
 - After using the toilet
 - After coughing or sneezing
 Work up to a good lather, paying attention to the fingers, nails and the back of the hand.



- Dry hands using paper towels or hand dryers.



- Avoid sneezing or coughing near food.
- Avoid touching the eyes, nose, ears, mouth, hair or skin when handling food.
- Keep fingernails short. Do not wear rings or other accessories that might trap dirt.

- Cover all wounds or cuts on your hands with waterproof plasters.



- Wear clean attire.



- Do not handle food with bare hands. Use gloves or utensils.



- Cooked food should be stored above raw food in refrigerators.



- Display cooked food within showcases.



食物处理人员



- 如果感觉不适就应暂停工作，立即就医。



- 在以下情况应使用肥皂洗手
 - 处理食物之前
 - 使用厕所后
 - 咳嗽或打喷嚏之后
 双手应搓出大量泡沫，注意洗净手指、指甲和手背等部位。



- 用纸巾擦干双手或用干手器烘干双手。



- 剪短指甲。不要戴戒指和其它装饰物，因为这些东西可能留存污垢。

- 手上的伤口应使用防水胶布贴好。



- 穿上干净的工作服。



- 处理食物时须使用手套或器具。



- 储存在冰箱内的熟食必须摆放在生食物的上格。



- 熟食应展示于厨窗内。



FOODSHOP OPERATORS

- Conduct daily checks on employees to ensure that those who are unwell seek proper medical attention. They should not be allowed to handle food.



- Do not allow non-food handling personnel in the food preparation area.

- Give customers disposable towels. Provide common serving spoons for shared dishes.

- Clean premises thoroughly at the end of the day and remove all food scraps to keep pests and rodents away.



- Tie refuse properly in plastic bags before disposal into refuse bins with tight-fitting lids.



- Clean toilets regularly. Provide sufficient toilet paper, liquid soap and paper towels or hand dryers in toilets.



餐饮从业者

- 每天检查雇员的健康状况。如果雇员感觉不适，应立即就医治疗。在恢复健康之前，他们不能再处理食物。



- 应禁止非食物处理人员进入准备食物的地方。

- 给顾客分发即用即丢纸巾。如果顾客共用一道菜，请提供公用勺子让他们将食物盛入自己的碗碟。

- 每天营业结束后，彻底清洗营业场所，清除所有食物残渣，以防止蟑螂和老鼠等出没。



- 先将废物垃圾等放入塑料袋并扎紧，再放进垃圾桶。垃圾桶须盖上盖子。



- 定期清洗厕所。厕所里应放置充足的卫生纸、洗手液，以及纸巾或干手器。

