



TECHNICAL ASSISTANCE TO BUILD FOOD SAFETY CAPACITY FOR THE FISHERIES SECTOR



Hygiene in Fish Processing

Training for Ocean Delight, Suriname



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Learning Outcomes

At the end of this session, you should be able to:

- Understand the importance of personal hygiene and health when handling fish.
- Learn the proper use of protective clothing and effective handwashing techniques.
- Know why it is important to report any illness or suspected infection to your supervisor.



Protective Clothing



Examples:

- Hairnet
- Face mask
- White jacket that is washable
- Clean apron and gloves
- Clean boots

Properties of protective clothing

- ✓ Protects food from risk of contamination
- ✓ Easy to clean and keep clean
- ✓ No buttons
- ✓ No outside pockets
- ✓ Completely cover own clothing
- ✓ Head covering – to reduce risk of hair in food
- ✓ Not to be worn outside.

**Why do you think you wear
protective clothing at work?**



The human body contains many bacteria. Clean protective clothing protects food handling areas from bacteria on the skin and hair, as well as clothes worn outside.



If using disposable gloves:

- Wash hands before and after use
- Replace immediately if damaged
- Replace regularly and always at breaks
- Use new gloves when entering processing area

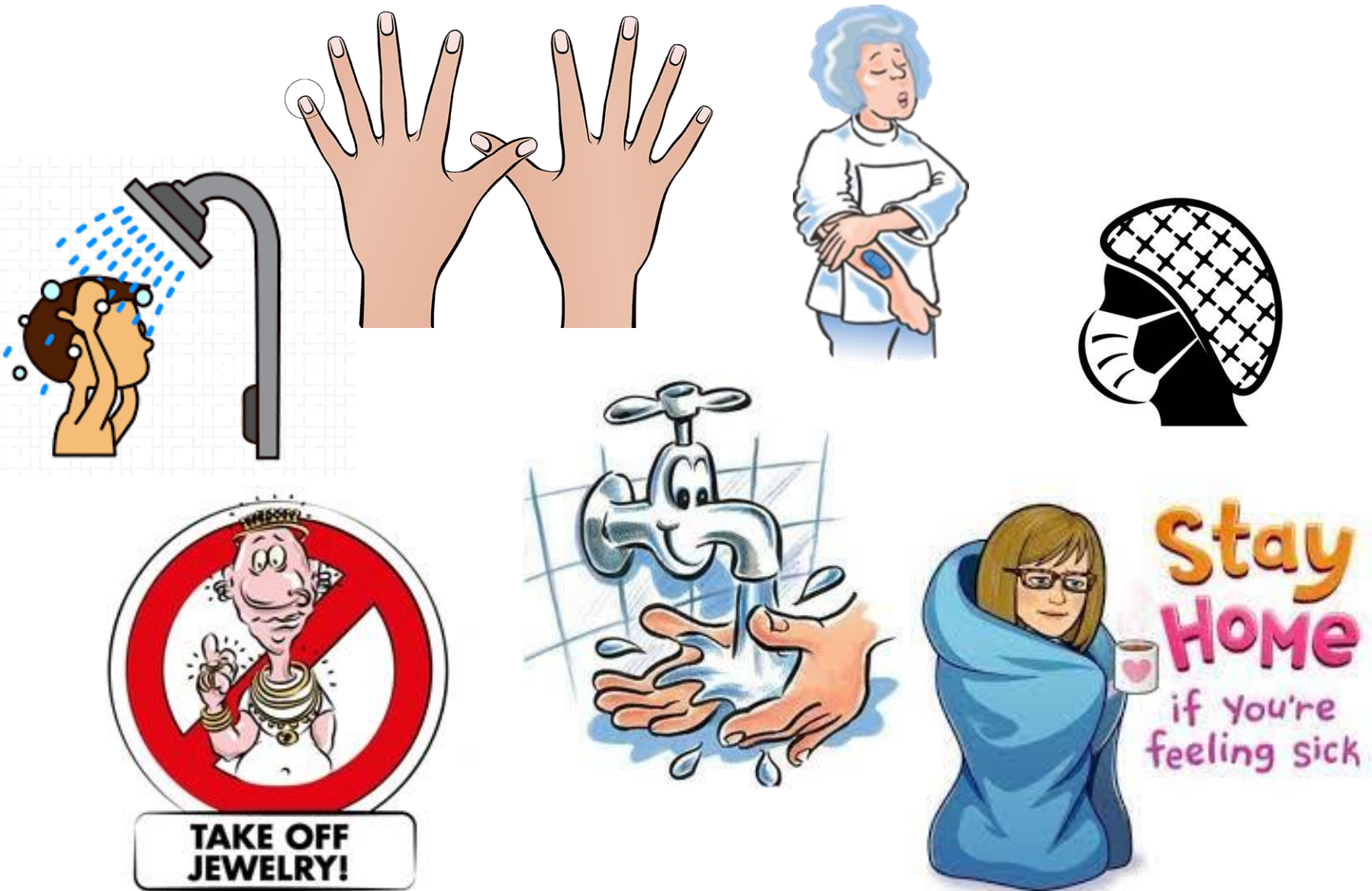
Gloves become contaminated just like hands and should not be used to replace handwashing.




**Help to prevent
microbiological, chemical and physical
hazards by ensuring you follow the
rules for good personal hygiene at all times!**



Good personal hygiene includes:





**Workers can
contaminate the
fish that they are
handling,
if not handled
properly.**

Effective Handwashing

1 Wash

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1 Wet the hands



2 Take an adequate amount of liquid soap



3 Rub hands to lather



4 Rub the back of each hand with the opposite palm



5 Rub palms with fingers interlaced



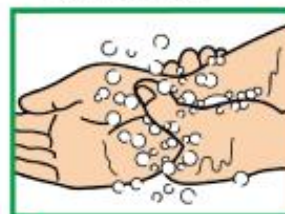
6 Rub each thumb clasped in the opposite palm



7 Rub fingertips in the opposite palm



8 If necessary, scrub the fingertips with a nail brush



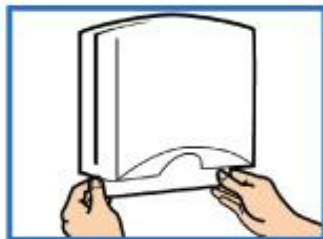
9 Scrub the wrists



10 Rinse well with running water

2 Dry

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11 Take a paper towel

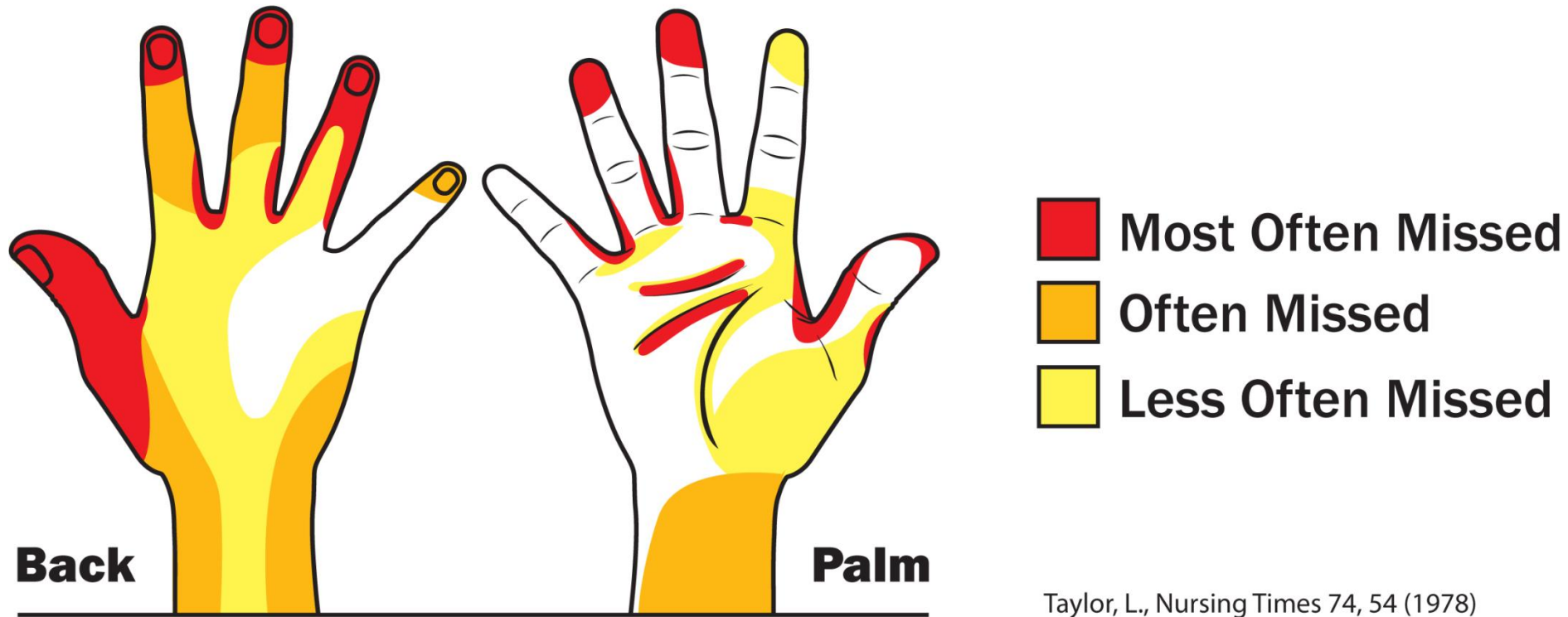


12 Dry hands thoroughly

Glo Germ™ Activity



Areas most often missed with inadequate handwashing.



Taylor, L., Nursing Times 74, 54 (1978)

Fingernails, cuticles, creases and crevices of the fingers and hands are all areas where pathogens can hide.

Always wash your hands after:

1. Entering or leaving the work area
2. Using the bathroom
3. Handling raw foods
4. Changing tasks between raw and ready-to-eat products
5. Touching your hair, face, or body
6. Sneezing, coughing or blowing your nose
7. Cleaning
8. Handling soiled equipment/utensils
9. Handling garbage or fish waste
10. Eating, drinking or smoking
11. Touching anything that may contaminate your hands



Report immediately to your supervisor any symptoms of illness or infection that might be passed on through food or your working environment!



Which of the following illnesses or conditions must be reported to your supervisor?

✓ = Report

✗ = Do not report

Eaten suspect food



Moles



Septic cuts/boils



Skin infection



Backache



Black eye



Discharge from eyes, nose or ears



Diarrhoea, vomiting or food poisoning



Broken toe



Serious cold/flu



Unwell whilst abroad



Close family contact has diarrhoea, vomiting or food poisoning



Sunburn when abroad



Food handlers with diarrhoea and vomiting should not return to work until they have been symptom-free for at least 48 hours.

Following illness, some persons may still carry harmful bacteria on and in their bodies.

Food handlers returning to work following food poisoning MUST therefore observe additional high standards of personal hygiene.

In particular, effective handwashing.



Personnel flow

- Enter the factory only at the personnel main entrance
- Walk to the designated changing room
- Wash your hands with soap and dry with the paper towel
- Throw used paper towel in the garbage bin without touching it with the hands
- Take your personal clothes for factory work out of the designated locker
- Change city clothes into personal clothes and put city clothes in the personal locker
- Take out clean white factory uniform out of the uniform bin
- Put on factory clothes and boots
- Wear hairnet and mouth cap
- Wash hands with soap, rinse with water, disinfect with sanitizer and dry hands with paper towel
- Throw used paper towel in the garbage bin without touching it with your hands
- Wear clean gloves
- Walk through the boot cleaning station to enter the processing area

Activity

Spot what the food handler is doing wrong!



Any questions?

