

In the food service industry, good personal hygiene is crucial to ensuring the [safety and quality of the food](#) that is served to customers. If you are a food server, you are responsible for handling food, preparing it, and serving it to the public.

Failure to practice good personal hygiene can result in the spread of harmful bacteria and viruses that can cause foodborne illnesses.

Maintaining good personal hygiene involves several basic practices that are easy to implement.

By following these practices, you can prevent the spread of harmful bacteria and ensure that the food you serve is safe and healthy for customers.

Failure to practice good personal hygiene can result in legal and financial repercussions for the establishment, as well as harm to the health of your customers.

Learn Q's tips for personal hygiene are:

- Ensure all head hair is properly tucked inside protective headgear
- If you have a beard, keep it clean and well-groomed and, better yet, use a beard cover/net
- Do not wear earrings, nose rings, necklaces, or chains. If rings cannot be removed, cover them with a blue plaster
- Do not wear garments with outer pockets as these can get caught up or catch debris
- Clean, neat clothes with no tears that could harbor harmful bacteria or leave your skin exposed
- Cover any wounds with a blue plaster - make sure they are clean and not weeping
- Maintain short, clean. Nails. Disposable gloves and arm guards can be used for extra protection.
- Do not wear watches, rings or other jewelry - these can harbor bacteria
- Wear comfortable clogs or safety shoes – do not expose any bare skin on your feet

All of these points are covered on our [FREE Personal Hygiene Checklist Poster, which can be downloaded by clicking here.](#)