

# GUIDE TO PROPER HYGIENE & GLOVE USE

**Gloves are not used to avoid handwashing; they are used together with proper handwashing to create another barrier to prevent cross-contamination and foodborne illness!**

## DO NOT PREPARE FOOD IF:

1. You have **DIARRHEA** or are **VOMITING**
2. You have **HEPATITIS A**, **SHIGELLA**, **SALMONELLA**, or **E-COLI**
3. You have an **INFECTION**, **WOUND**, or **BOIL** on hands, arms, or face.

## HANDWASHING

**Wash your hands as often as necessary to keep them clean!**

Use warm water and soap to scrub hands and forearms for 20 seconds before rinsing.

Wash your hands:

1. Before handling food or wearing gloves
2. After handling any raw products
3. After using the restroom, smoking, or eating
4. After taking out the garbage
5. After touching your hair or skin
6. After handling money

## READY TO EAT FOODS (RTE)

RTE's are food items that will not be cooked or processed further to kill illness-causing **GERMS**. RTE's include:

1. Food items that will not be cooked before serving
  - ❖ Examples include: lettuce and other salad items, bread, uncooked cheese, and cold sandwich and dessert items
2. Food items that are cooked or processed, but will require further assembly
  - ❖ Examples include: hot sandwich and dessert items and burritos

## PHYSICAL BARRIER

A physical barrier is used to keep a person's hands from contacting food items. Physical barriers include: tongs, spatulas, forks, spoons, disposable gloves, and deli tissue. Using a clean and sanitary physical barrier will help prevent foodborne illness.

## WHY WEAR GLOVES?

Microorganisms, commonly referred to as **GERMS**, cause foodborne illness. Often times, it takes a very small number of germs to cause illness. Using a **PHYSICAL BARRIER** together with proper handwashing will help prevent germs from contaminating food items.

## ARE GLOVES REQUIRED?

The current Food Service and Food Processing Regulations require a utensil and/or gloves be used to minimize bare-hand contact with RTE's. If you use your hands to handle a RTE, a food-approved glove must be worn. If you use a utensil, rather than your hands, a glove is not required to handle a RTE.

**A person using a utensil may also wear gloves.**

## CHANGE YOUR GLOVES!

Gloves must be changed when:

1. They become soiled or torn
  - ❖ Gloves can become soiled in many ways including: handling raw meat, taking the trash, or sweeping the floor.
2. Before beginning a new task
3. Before returning to your work station
  - ❖ If you leave a workstation and handle non-food items, or raw food items, you must wash your hands and put a new pair of gloves on before returning.

## WILL GLOVES MELT WHEN HANDLING HOT FOOD ITEMS?

They may, but many food-approved gloves are designed to withstand the hot food temperatures encountered in food service. Check the box or contact the manufacturer for details.

**Warning: Gloves will not protect your skin from heat. Your skin will burn before the glove begins to melt!**

## WHAT TYPE OF GLOVES CAN I USE?

A glove must be approved for food service. Many times a glove that is approved for food service will state it on the box. Three types of gloves often used in food service include: **POLYETHYLENE** (often referred to as **POLY**), **VINYL**, and **LATEX**. Each type of gloves has advantages and disadvantages. Choosing the proper glove for your operation can save money and frustration.



**State of New Mexico  
Environment Department**

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