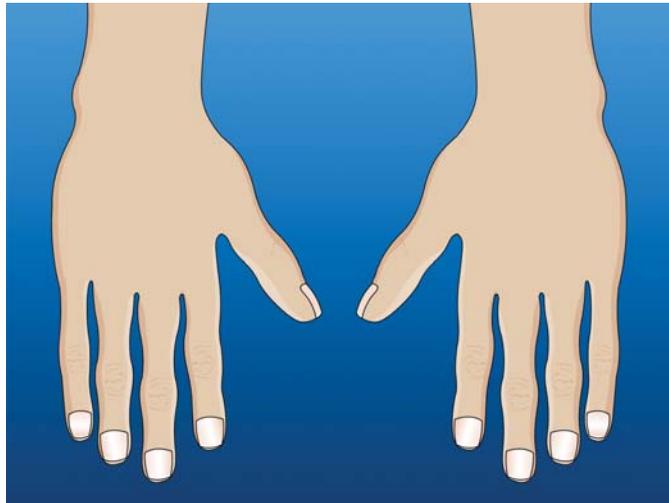


# PERSONAL HYGIENE IN SEAFOOD HANDLING

- 🐠 Frequently use chlorinated water in hand dips and foot dips for disinfection
- 🐠 Workers of the preprocessing and processing centres should not wear ornaments and use nail polish
- 🐠 Keep fingernails short and clean and remove all nail polish
- 🐠 Hands must be washed regularly and kept clean at all times.



- 🐠 Food and drink must not be taken into or consumed in areas other than the tea bars and the staff restaurant.

## Wash hands and keep clean especially

- 🐠 Before starting work
- 🐠 After using toilet

- 🐠 after breaks for food
- 🐠 after coughing, sneezing or blowing their nose
- 🐠 after touching hair
- 🐠 after handling waste materials
- 🐠 after handling chemicals
- 🐠 when changing from one task to another

Maintaining personal hygiene protects ourselves and others from several diseases as well as earns better price for our products. It is our responsibility to protect others and ourselves from diseases



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Personal hygiene is the most important element in fish handling whether it is onboard, in harbours, in peeling centers or in sea food factories. Workers should take utmost care in maintaining high standards of personal hygiene and cleanliness to avoid chemical and biological contamination of seafood while handling it, right from sea till it reaches the consumer's table. People who do not maintain personal cleanliness or who have certain illnesses can contaminate food and transmit illness to consumers.

### What is Personal hygiene?

- 🐠 Maintaining a clean body and clean clothing
- 🐠 Taking care of our body such as taking showers, brushing our teeth, smelling clean, clipping our nails, wearing clean dress- basically, taking care of ourselves



### Why is it Important?

- 🐠 Food poisoning is a serious health problem which can cause severe illness and even death
- 🐠 Even healthy people carry food poisoning bacteria on their bodies
- 🐠 By touching parts of our body, such as nose, mouth, hair and our clothes the dirt and microorganisms can spread from our hands to food materials
- 🐠 Microorganisms can also be transmitted to food via cough, cold and wounds
- 🐠 Faeces is a major source of bacterial contamination that causes Typhoid, Diarrhoea, etc.,
- 🐠 Due to poor personal hygiene, the bacteria found in faeces are often found in foods
- 🐠 Footwear and clothing contaminated with pathogens can also contaminate the food material
- 🐠 Many infectious disease outbreaks occur due to poor personal hygiene

### What to do while handling fish?

- 🐠 Take a daily bath before going for work
- 🐠 Wear clean dress

- 🐠 Use clean gum boots and gloves while handling fish onboard and in harbours
- 🐠 Never smoke or use pan masala or any other similar things while on work



- 🐠 Never cough or sneeze over fish while at work
- 🐠 Workers with infectious diseases, open wounds or cracks should not be engaged in handling fish
- 🐠 Use mouth piece while sorting fish onboard, in harbours and pre processing and processing factories.
- 🐠 Use clean uniform, head gear, gum boots and gloves in peeling centres and in processing factories
- 🐠 Before entering the peeling shed wash hands and legs thoroughly with detergent and water