

# Worker Health and Hygiene

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# Workers are a potential source of contamination

## Poor Personal Hygiene



Dirty Hands



Dirty Finger Nails



Dirty Uniforms



Open Cuts



Being Sick at Work



# Some outbreaks associated with infected workers

Date	Produce	Pathogen	# of cases	Produce origin
1987	raspberries	Hepatitis A virus	92	United Kingdom
1990	strawberries	Hepatitis A virus	53	United States
1994	green onions	Shigella	72	CA
1996	leaf lettuce	E. coli O157:H7	49	United States
1997	strawberries	Hepatitis A virus	250	CA
1997	green onions	Cryptosporidium	55	United States
1997	basil	Cyclospora	341	United States
1998	green onions	Hepatitis A virus	43	United States/CA
1999	parsley	Shigella	486	United States
2003	parsley	enterohemorrhagic E. coli	77	United States

# How to Minimize Risk of Contamination from Workers?

# Practice Good Health and Hygiene

# Avoid handling produce when you are sick!

Diarreah

Runny nose, cough,  
sneeze



The average sneeze travels up to 8 feet!

Assign workers other duties while they are sick or send them home

# Wash your Hands!!

## Proper Handwashing

- Proper handwashing: Hands must be washed before work, and after using restroom, smoking, coughing, handling garbage, money & breaks.
- 20 seconds



# Wash, not wipe

Anti-bacterial gel does  
not kill viruses!

Hand washing is best



# Provide Worker Hygiene Training

- Everyone who helps on the farm is trained in and must follow good hygiene practices.
- The training takes place at least once a year and is documented.
- Do follow up training during growing season



# Who needs to be trained?



- All employees
- Temporary workers
- Relatives who help
- Wife, husband, children
- Volunteers
- Visitors/U-Pick customers
- EVERYBODY!

# Personal Hygiene Training

All workers must:

- Take shower and wear clean clothes daily
- Wear clean, un-ripped gloves (nitrile are best)
- Take off gloves before using toilet & eating lunch
- Wash hands for 20 seconds after using toilet and before returning to work
- Not eat, chew gum, use tobacco, spit, urinate or defecate while in growing/processing area
- Use toilet and handwashing facilities regularly and properly.
- Keep clean, cut nails; tie long hair back.
- Not wear necklaces or rings or dangling jewelry.
- Eat and smoke away from food handling area.
- Not use product containers for personal use.
- Avoid wearing field clothes (especially shoes and boots) in packinghouse



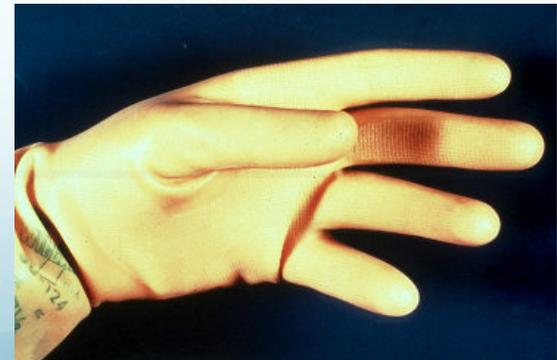
# Provide Training in Illness and Accident Prevention and Response

Training to all workers  
in illness prevention  
and response is  
provided and  
documented



# Hand injury & gloves

- Wounds on hands must be covered with a bandage PLUS a glove.
- Gloves must be kept as clean as bare hands
- Broken gloves are not safe and should not be used.
- New gloves should be used after bathroom visits



# If someone is injured...

- If injured (including cut/nosebleed, etc), workers must treat wound immediately.
- Any contaminated product is discarded.
- All contaminated surfaces and tools disinfected.
- Clean contaminated containers
- Everyone on farm knows location of 1<sup>st</sup> aid kit.



# Keep Your Workers healthy!

- To avoid heat exhaustion, drink 2 quarts of water per person/day. Especially when hot! Use single use cups
- Shade is required. Breaks in shade.
- Monitor employees for symptoms of illness and for wounds.
- Sick workers that show signs of diarrhea, vomiting, fever, jaundice or infected wounds should not handle produce.



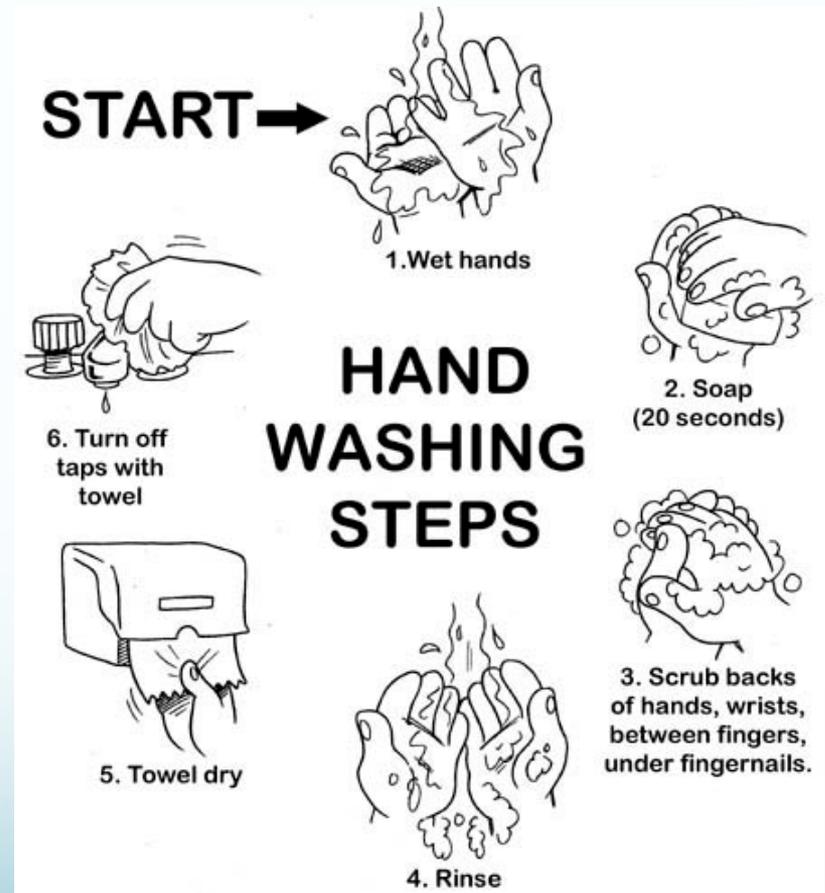
# Provide Clean Potable Drinking Water

- Clean drinking water is available always and water source documented.



# Post Signs that Reinforce Good Hygiene

- Signs are posted in field and packing area instructing workers when and how to wash hands



# No eating/drinking in food handling areas

- Monitor compliance



Post signs!

# Create Separate Area for Personal Use

- Eating
- Breaks
- Smoking
- Storage of personal items

To avoid cross contamination in field and packing area!

# Provide Proper Field Sanitation Units

- Toilets & handwashing facilities are provided with TP, single use towels and garbage can with lid.
- Wash hands after EVERY use of toilet & apply new gloves if using.
- Everyone follows these rules.
- Field sanitation units are accessible for servicing in the event of a spill or leak.
- Continue to monitor use



# Clean Toilets



- Toilets within 5 min walk are required. 1 per 5.
- Toilets are screened, and have self closing doors.
- Spot clean as needed with 409 or other cleanser.
- Wash with water and 409 when needed (at least 1x/month)
- Must have toilet paper, handwashing station, covered trash.
- Remove trash as needed.
- Keep record of cleaning and when unit is serviced.
- Keep records for 2 years.

# Good Toilet and Handwashing Station



See Handwashing sign

# Handwashing Station

- Handwashing station is next to toilet.
- Water for washing is drinking water quality.
- Soap, paper towel and trash can with lid required.
- Waste water does not cause unsanitary conditions.
- Handwashing container is cleaned and sanitized weekly or as needed with properly labeled scrub brush.
- Cleaning and resupply record are maintained.



# What is correct? What is missing?



# What is missing?



# What is correct? Missing?



# What is missing?



# Summary

- Develop a health and hygiene policy for your farm
- Keep workers healthy
- Send sick workers home
- Provide Training in:
  - Good health and hygiene practices
  - Handwashing
  - Accident and illness prevention
- Put up signage for handwashing instruction
- Provide clean restroom and handwashing stations and SOP for keeping them clean
- Monitor workers to ensure compliance

