



FITNESS TO WORK

YOUR RESPONSIBILITIES

You can pass on illnesses when you work with or around food. To prevent this :

- * Tell the manager immediately if you are ill**
- * Wash and dry your hands with soap and water, especially after going to the toilet**

- * You can affect the safety of food when working with or around food.
 - ▲ Your hands and clothes can spread harmful bacteria or viruses to food or surfaces that will come into contact with food.
 - ▲ These bacteria or viruses can come from you if you are ill.
- * Tell the manager if you have :
 - ▲ Diarrhoea or vomiting
 - ▲ Stomach pain, nausea, fever or jaundice
 - ▲ Someone living with you with diarrhoea or vomiting.
 - ▲ Infected skin, nose or throat.
- * If you fall ill at work :
 - ▲ Seek to leave the food handling area and tell your manager what has happened.
- * When returning to work after an illness :
 - ▲ Take extra care when washing your hands
 - ▲ Tell the manager if they don't know you were ill, for example if you were ill on holiday.
- * Wash and dry your hands thoroughly with soap and warm water before working with any food, especially after going to the toilet.
 - ▲ Also wash you hands after handling anything that might be contaminated and throughout the day.
 - ▲ Avoidance is better than removal - where practical try not to touch things that might require you to then wash your hands.
- * Further advice can be obtained from the Public Health Department, Merthyr Tydfil County Borough Council, Civic Centre, Castle Street, Merthyr Tydfil CF47 8AN - Telephone : 01685 725000 or e-mail : publichealth@merthyr.gov.uk