

Personal Hygiene & Health

SHORT COURSE



ABOUT THE COURSE

What are the rules for personal hygiene and health of food workers and why are these important?

Basic concepts in personal hygiene and health are explained using simple language and practical examples. Also included is a section on **Covid-19 in the workplace**. The course duration is 2-3 hours.

This course is a great addition to your internal training programme.

Please note that all courses can be customised to include your company logo and company specific information.

COURSE CONTENTS

1. Introduction & Definitions

Why must I do this training?
What is personal hygiene?
What are the requirements for personal hygiene and health?

2. Personal Cleanliness

What does the law say?

3. Handwashing

What does the law say?
What is the best way to wash my hands?

4. Health

What does the law say?
What about Covid-19?

5. Protective Clothing

What does the law say?

6. Personal conduct

What does the law say?

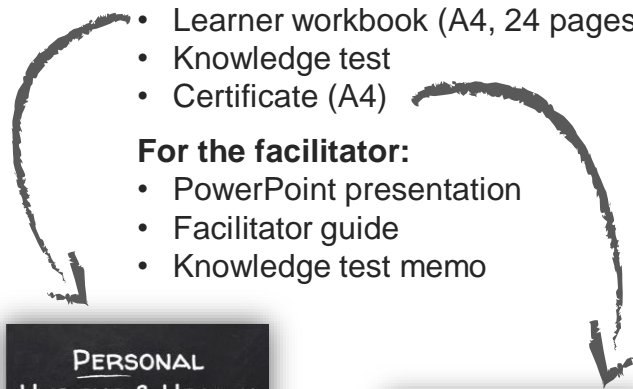
COURSE MATERIAL

For the learner:

- Learner workbook (A4, 24 pages)
- Knowledge test
- Certificate (A4)

For the facilitator:

- PowerPoint presentation
- Facilitator guide
- Knowledge test memo



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