



Worker Health and Hygiene

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Farmers

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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!

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Runny nose, cough,
sneeze



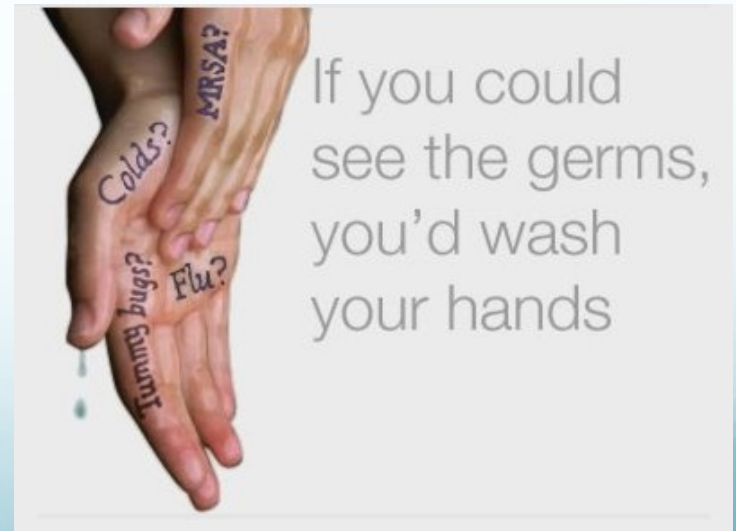
The average sneeze travels up to 8 feet!

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



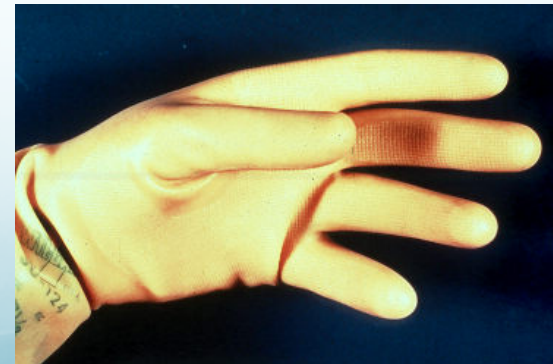
Provide Training in Illness and Accident Prevention and Response

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 1st 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.



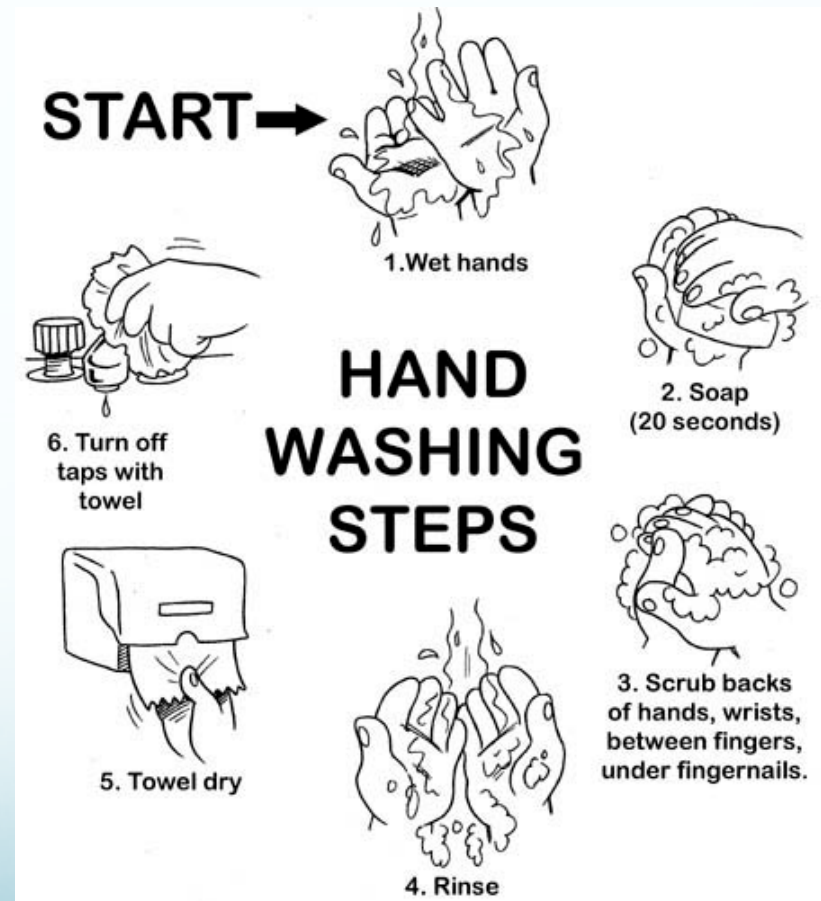
Provide Clean Potable Drinking Water

- 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

