



Idaho Produce Safety Video Series

Brought to you by:
Idaho State Department of Agriculture
University of Idaho Extension



Health and Hygiene

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****websites and links, CTRL+click to follow link****

Introduction:

Hello and welcome! The objective of the Food Safety Modernization Act is to prevent foodborne outbreaks before they occur.

Proper health and hygiene practices in your operation can make the difference between safe food for your families and fellow consumers, and a foodborne outbreak.

Farm managers and employees are ultimately responsible for produce safety on the farm. However, anyone who works on the farm SHOULD understand and be informed of produce safety policies including employees, volunteers, pesticide applicators, family members, and visitors.

In this video we'll cover the following objectives:

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Objectives

What microorganisms are of public health significance?

Identifying different contamination routes

Worker training requirements of the Produce Safety Rule which include:

Recognizing symptoms of foodborne illness

Hygienic practices for all personnel

Training relevant to the worker's specific job duties

Visitor policies

There will be definitions of important terms included in on-screen graphics throughout this video. So, feel free to pause the video at these times in order to review the definitions. Also, pay attention to the word **MUST** and **SHOULD**. **MUST** indicates that it is required by the [Produce Safety Rule](#). **SHOULD** indicates suggested good agricultural practices.

Microorganisms:

The microorganisms of public health significance include but are not limited to: generic *E.coli*, *Norovirus*, *Salmonella* sp., and *Listeria monocytogenes*. These microorganisms, also known as pathogens, are of great risk to fresh produce and can cause disease, illness, and death in humans.



Pathogens:

Pathogens can exist in the natural environment, can multiply very quickly, and cannot be seen, smelled or tasted. Cooking or pasteurization are two ways to kill pathogens on and in foods, but fresh fruits and vegetables are most often consumed raw. Therefore, knowing how to prevent cross-contamination is critical.

Pathogen: A disease-causing microorganism or other microorganism of public health significance. Pathogens include bacteria, viruses and parasites.

Bacteria are single-celled organisms that thrive in a variety of environments and are found everywhere. They can rapidly multiply inside and outside of a host. There are bacteria that keep us healthy and are very important for our bodies and there are others that can cause illness. Bacteria can multiply very quickly and cannot be seen, smelled

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or tasted. Within one hour a single bacteria cell can multiply to 8 cells. Over the course of a day one cell can multiply to over a billion cells.

Viruses are carried by humans and animals and unlike bacteria, require a living host to grow. Viruses do not grow in produce, but they can be transferred and carried by produce and are infectious in people.

Parasites are another pathogen associated with water and produce. They require a living host to survive and can be transferred from water to produce

Understanding how pathogens are transferred from person to produce is the first step in preventing foodborne-illness outbreaks. Workers may introduce pathogens through many routes including feces, hands, clothing, worker illness, footwear, water, and tools and equipment.

The most common route is the fecal-oral route which is typically spread by not washing hands after using the bathroom and taking breaks. Wearing aprons or other work garments into the bathroom or neglecting to wash your hands are both examples of ways that pathogens are transmitted.



Training:

One of the best ways to increase knowledge and awareness of the impact of pathogens on and off the farm is through ongoing employee training. It is required that everyone who handles covered produce during covered activities or supervises such activities ***MUST*** receive training upon hiring and annually thereafter. Training ***MUST*** be documented as to who was trained, date of training, and topics included in the training.

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Covered Produce: Produce that is subject to the requirements of the FSMA Produce Safety Rule; the harvestable or harvested part of the plant.

Covered activities: Growing, harvesting, packing or holding covered produce on a farm.

Worker training **MUST** include:

RECOGNIZING SYMPTOMS OF WORKER ILLNESS
HYGIENIC PRACTICES FOR PERSONNEL AND VISITORS
SPECIFIC JOB-RELATED TRAINING.

We'll cover each of these topics in depth.

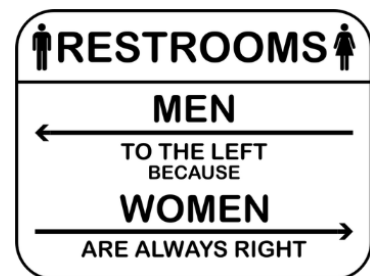
There are good and bad microorganisms. The microorganisms of concern are those of public health significance including: generic *E.coli*, *Norovirus*, *Salmonella* species, and *Listeria* species. The Produce Safety Rule requires that you **MUST** take measures to keep people who are ill or infected from contaminating covered produce and food contact surfaces.



Employees **MUST** immediately notify their supervisor if they have been ill or have symptoms of the following: infection, fever, open lesion, diarrhea, jaundice, or vomiting.

Employers need to be sensitive to the fact that workers may be embarrassed to report illness or concerned about the loss of wages from not working. Consider providing alternate duties for these workers that don't involve handling covered produce or food contact surfaces. Alternative duties may include: driving equipment, weed management or office duties.

Hygiene is a critical part of preventing contamination of covered produce. Individuals **MUST** have access to and properly use toilet facilities, wash hands thoroughly, maintain adequate personal cleanliness, avoid contact with animals (other than working animals), properly dispose of waste water, and utilize designated break areas.



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Toilets:

Toilets **MUST** be provided for workers and be readily and easily accessible during covered activities. Toilet facilities **MUST** be designed, located, and maintained to prevent contamination of covered produce and food contact surfaces areas used for covered activities, agricultural water sources, and distribution systems.

Not using toilet facilities properly is a major food safety risk. Toilet facilities **MUST** be serviced and cleaned frequently. Human waste **MUST** only be disposed of in a toilet, never in a field or water body. Toilet paper **MUST** be disposed of in the toilet and not on the floor or in a trash can.

Hand Washing:

Washing your hands is an integral part of keeping produce clean and safe.

Washing hands after using the toilet is the most important. However, it is not the only time hands **MUST** be washed. Workers **MUST** also wash their hands before starting work, before putting gloves on, after using the toilet, after breaks or work

PLEASE WASH YOUR HANDS!

Help protect our produce from contamination by washing your hands.
Workers and Visitors must wash their hands.

<p>When:</p> <ul style="list-style-type: none"> • Before starting work • Before putting on gloves • After using the toilet • Before returning to work • After touching animals or animal waste • Any other time hands may become contaminated <p><small>*21 CFR 112.32 requires employees to wash hands</small></p>	<p>1. WET HANDS</p> 	<p>2. WASH (FOR AT LEAST 20 SECONDS), SCRUBBING WITH SOAP</p> 
<p>3. RINSE HANDS THOROUGHLY WITH CLEAN WATER.</p> 	<p>4. DRY USING A SINGLE-SERVICE PAPER TOWEL OR OTHER ADEQUATE HAND DRYING DEVICE, SUCH AS A HAND DRYER.</p> 	<p>5. THROW THE PAPER TOWEL IN A TRASH CAN.</p> 



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absence after touching animals or animal waste and at any other time hands may become contaminated.

Handwashing facilities **MUST** include: soap, running water, and adequate hand drying devices such as single service towels, sanitary towel service, or electric hand dryers.

Dirty towels and wastewater **MUST** be disposed of in the appropriate location such as towels in a trash can or waste water in a designated sewer.

Now we'll show you how to properly wash your hands.

First, wet your hands with water that is free of generic *E.coli*. Then, apply soap and lather. Be sure to get between your fingers and under your fingernails, your wrist, the fronts and backs of your hands and in any calluses and crevasses. The handwashing process **SHOULD** take about 20 seconds. Singing (to yourself) the happy birthday song might help you gauge the proper amount of time needed in this. Lastly, dry with single use towel or electric hand dryer and throw the used towel in a designated trash can. It is good practice to use your single use towel to turn the faucet off before throwing it away as an added protection against cross contamination.



Using antibacterial hand sanitizers can be an effective addition to hand washing but **MUST** not be used in place of handwashing.

Personal Cleanliness:

In addition to bathroom and handwashing facilities, personnel are required to maintain personal cleanliness and to avoid contact with animals other than working animals.

This includes wearing clean clothes each day, designating specific equipment and tools for different tasks (such as different boots in the barn), and removing aprons and food safety equipment or clothing prior to using the bathroom.

When working with animals you can minimize contamination by washing hands and separating equipment used to handle animal waste from equipment used to handle covered produce.

It is required that workers **MUST** remove or cover hand jewelry that cannot be adequately cleaned or sanitized. Also, gloves aren't required, but if gloves are used, they **MUST** be maintained in an intact and sanitary condition and changed frequently or cleaned as needed. Gloves are not a substitute for proper hand washing. Hands **MUST** always be washed prior to putting gloves on.

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Certain activities are allowed only in designated areas: eating, chewing gum or using tobacco products are not permitted in an area used for covered produce; however drinking beverages is allowed as long as measures are taken to avoid contaminating covered produce. These measures may include: not using glass bottles and having a designated drinking fountain or station that uses single-use cups that are properly disposed of.

Dropped Covered Produce:

For employees who specifically conduct harvest activities, they ***MUST*** receive training on recognizing covered produce that ***MUST*** not be harvested such as dropped covered produce. Dropped covered produce is produce that drops to the ground before harvest.

Harvest Containers:

Second, harvest employees ***MUST*** be trained to inspect harvest containers and equipment to ensure that they are functioning properly, clean, and maintained to not become a source of contamination.

Possible contaminants to look for include rodents or small animals, animal feces, decaying produce, and standing water. Also, look for cracks, sharp edges, plastic or wood pieces loosely hanging off of containers and loose hardware such as nails, screws or handles.

Most of all, whether you are a harvest employee or not, if you see a problem with a harvest container, report it to a supervisor immediately.

Visitors:

Visitors to the farm ***MUST*** be made aware of policies and procedures set by the farm to protect covered produce and food contact surfaces from contamination. This can be done verbally, through posted signs, or a check-in signature page at the front door.

Dropped Produce:

Produce that drops to the ground before harvest. Dropped covered produce does not include root crops that grow underground such as carrots, crops that grow on the ground such as cantaloupes, or produce that is intentionally dropped on the ground as a part of harvesting, such as almonds. Covered produce unintentionally dropped to the ground during harvest is also considered dropped covered produce, according to the FSMA Produce Safety Rule (112.114)

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Examples of things to include in your policy are: locations of bathrooms and handwashing facilities, how to wash hands properly, restriction of pets, restriction of ill people, restricted and allowed areas, and eating in designated areas only.

Toilet and hand washing facilities **MUST** be made available to visitors and volunteers. Make sure they are aware of where these facilities are before entering the farm.

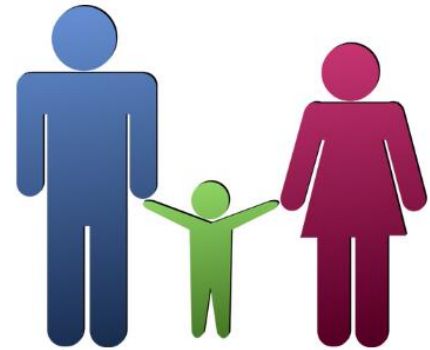
Employees **SHOULD** be aware of restricted and allowed areas for visitors. If an employee sees a visitor enter a restricted area, the employee **SHOULD** immediately contact a supervisor.

Employees **SHOULD** also be aware of ill visitors and restrict them from covered produce areas, so they do not contaminate covered produce.



Good health and hygiene practices are essential in any farm operation to prevent the transmission of pathogens from people to produce. Everyone involved in a produce operation needs to be aware of produce safety practices including management, employees, visitors, and family members. Training of good health and hygiene practices are essential components in preventing the

spread of pathogens to produce. Training employees on when and how to wash hands, how to recognize the symptoms of an infectious illness, and who to report it to **MUST** be included in your training program.



Other key health and hygiene elements are: providing toilet facilities, hand washing stations, and designated break areas.

Combined, all these components help you to prevent foodborne illnesses and contribute to keeping your family and community safe.

Thanks so much for watching this video today.
We'll see you next time.

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HEALTH, HYGIENE, AND GENERAL SAFETY NOTICE

ALL VISITORS

MUST ACKNOWLEDGE AND BE AWARE OF THE FOLLOWING:

1. PLEASE SIGN IN WHEN YOU ARRIVE, AND SIGN OUT BEFORE LEAVING.
2. MAKE SURE SHOE WEAR IS CLEAN UPON ENTERING AND EXITING THE FARM.
3. DO NOT ENTER THE FARM UNLESS YOU HAVE PERMISSION.
4. TOILET FACILITIES ARE AVAILABLE FOR YOUR USE. PLEASE ASK FOR LOCATIONS.
5. DO NOT TOUCH PRODUCE WITHOUT WASHING YOUR HANDS.
6. FOLLOW HANDWASHING INSTRUCTIONS PROVIDED.
7. DO NOT CONSUME FOOD WHILE ON THE FARM, UNLESS YOU ARE IN DESIGNATED AREAS.

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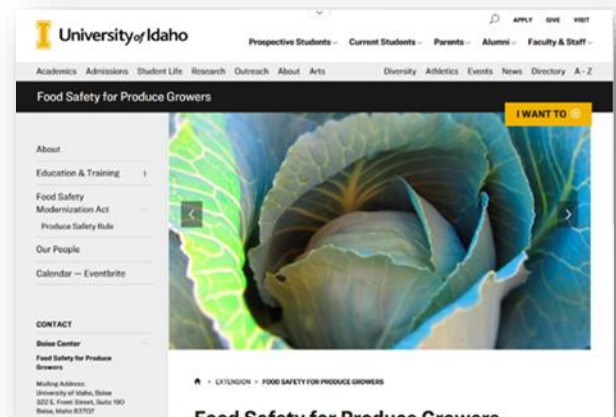
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