

INFINITY CULINARY TRAINING

RULES OF PROFESSIONAL KITCHEN HYGIENE AND SAFETY

- Maintain strict personal cleanliness – body, hair, fingernails and clothing.
- Keep hands clean at all times.
- Wear clean, protective clothing.
- Make sure your head is covered.
- Don't touch your mouth, nose or ears while handling food.
- Turn your head away from your workspace to cough or sneeze. Cough or sneeze into the crook of your arm then immediately wash your hands.
- Don't handle food when you are sick.
- Do not wear jewelry.
- Do not smoke or eat while working with food.
- NEVER put out a kitchen fire with water. Smother a small fire with a large towel, or use a fire extinguisher.
- Know the location of the fire extinguisher and medical supplies.
- When you don't know something, ASK – you will look smart for asking.
- ALWAYS work with care, concentration, focus and efficiency.
- Know and follow all the rules and safety standards of your kitchen.

Note: some professional kitchens will require that you leave your apron in the kitchen when you step outside. This is so you do not to gather germs from the outside and bring them into the kitchen. Regardless of what your kitchen demands, this is always a good practice.