



## Tips for safe glove Use when handling Foods

The NJ State Code requires that food handlers have no bare hand contact with ready to eat foods (foods that won't be fully cooked before serving to a customer). One of the ways that this can be done is by wearing disposable gloves.

However, improper glove use can be just as unhealthy as not wearing them at all or worse if they are not worn or changed correctly. Here are some tips on the proper use of disposable gloves that will keep them safe for all of us:

- ✚ Wash your hands before donning gloves. A smaller number of disease-causing organisms can go through the gloves. If your hands are heavily contaminated, this may cause contamination of the food you are handling.
- ✚ Use gloves that fit! If they don't fit right, there could be a multitude of problems.
- ✚ Change your gloves whenever you are changing tasks or when they have become contaminated. This is especially important when going from handling a raw meat to handling ready to eat foods, taking out the trash or touching body parts. If you are working continuously with a ready to eat food, change them at least every 4 hours.
- ✚ Do not re-use gloves. They are most likely contaminated.
- ✚ Change ripped or torn gloves.
- ✚ Use non-latex gloves to reduce the incidence of allergies.
- ✚ Use vinyl or synthetic gloves near heat sources such as grills.
- ✚ Wash and dry your hands after removing the gloves. The moist environment under the gloves will allow bacteria to grow on your skin. Protect your own health too.
- ✚ Gloves should always be worn by employees who have cuts, sores, or rashes on their hands, artificial fingernails or nail polish. Cuts and sores should be additionally covered by a bandage inside the glove.

The restriction of no bare hand contact on ready to eat foods is designed to reduce the incidence of illnesses such as Norovirus, Hepatitis A, Shigella and other highly transmittable organisms.