

# PROPER USE OF HAIR RESTRAINTS IN THE KITCHEN

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## OBJECTIVES:

- Identify when hairnets should be worn
- Be able to properly wear a hairnet
- Identify areas where hairnets are not worn properly

# Why do I have to wear Hair Restraints?

Hair restraints are important to avoid cross-contamination with food. No one wants to take a bite of food and find a hair even if hair is clean. If hair is dirty you risk adding extra bacteria to the food.

**And because the US Food Code says so!**

# US Food Code States

## 2-402.11 Hair Restraints

### FOOD EMPLOYEES

shall wear hair restraints such as hats, hair coverings or nets, beard restraints, and clothing that covers body hair, that are designed and worn to effectively keep their hair from contacting exposed FOOD; clean EQUIPMENT, UTENSILS, and LINENS; and unwrapped SINGLE-SERVICE and SINGLE-USE ARTICLES.

**When should I wear a Hair restraint?**

A good rule of thumb: If you are in the kitchen or around food, **WEAR YOUR HAIR RESTRAINT!**

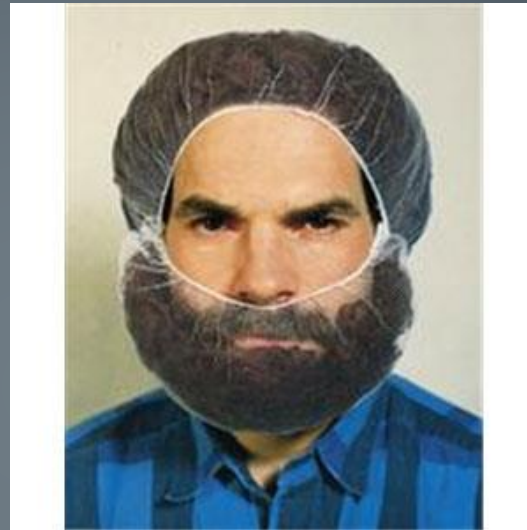
Wear a beard net if you have any facial hair growth!

# How do I wear a Hair Restraint?

- Always cover all head hair with a hair restraint
- Always cover all facial hair with a beard net
- Never leave bangs or other part of your hair hanging outside of hair restraint



# Proper use of a Hair Restraint



# Wrong way to wear Hair Restraints





# QUESTIONS?

