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SANITARY REGIME AT RESTAURANT ENTERPRISES AND PERSONAL HYGIENE OF STAFF

Strict compliance with sanitary and hygienic standards at restaurant enterprises is of crucial importance for preventing the occurrence of food poisoning and the spread of infections. It is important to pay special attention to the care of the skin, nails and teeth, especially for workers in the restaurant industry, in order to improve the level of customer service [1].

Many domestic researchers were engaged in the study of this topic and some of them were: O. Beketova, O. Davydova, O. Ivanova, S. Ivanova, M. Kravchenko and others. In their works, the authors highlighted issues related to the hygienic requirements of enterprises and personal hygiene of employees, the requirements of hygienic safety of food products, etc.

The purpose of the research is to get acquainted with the basic rules and requirements for personal hygiene, which are mandatory in the territory of Ukraine. And on the basis of these data, determine the conclusions that will reflect the need for certain rules in the restaurant industry.

Restaurant establishments must comply with the requirements of the Law of Ukraine «On Basic Principles and Requirements for the Safety and Quality of Food Products» [2], as well as ensure safety during the provision of food services. Strict adherence to hygiene rules, such as: cleaning and washing the territory, disinfection of dishes and equipment, compliance with the rules of personal hygiene by workers and execution of technological processes in accordance with food safety requirements. All this is necessary for the production of high-quality and safe products and the prevention of infectious diseases, food poisoning and other diseases.

The staff of the enterprise must follow the rules of personal hygiene, including keeping the body clean, wearing clean clothes and shoes. Clothes and personal belongings should be left in the wardrobe, before starting the working day you should take a shower or, if this is not possible, wash your hands thoroughly with soap, put on clean sanitary clothes and cover your hair with any headgear. You cannot fasten sanitary clothes with pins, use jewelry and badges, and carry tobacco products, money, and flammable items in your pockets.

It is necessary to pay special attention to the cleanliness of the hands of the personnel. Hands should be washed before starting work, after visiting the toilet and after each break. To wipe hands, it is better to use disposable napkins or an electric towel, which is the most hygienic and safe from a sanitary point of view. According to sanitary regulations, industrial workers are prohibited from having manicures and nails must be short.

Production workers, in particular confectioners, cooks of hot and cold shops, as well as the distribution department, are prohibited from working if they are sick with flu, sore throat, or catarrh of the respiratory tract. Sick workers can carry toxigenic staphylococci, which, after getting into ready-made food, especially cream products, can lead to serious food poisoning.

Special requirements apply to the sanitary clothing of food service personnel, including a gown or jacket with trousers, an apron, a scarf or a cap. The headdress must completely cover the hair. Sanitary clothes should be neat and made of fabric that can be easily washed.

Each worker must have at least three sets of sanitary clothing. These clothes are changed when they become dirty, but not less often than once every two days. It is important not to go outside the workplace and not to visit bathrooms in sanitary clothes.

Before visiting the toilet, you need to remove sanitary clothes in a designated place, and then wash your hands thoroughly with soap and treat with a disinfectant, which is a 0,2% bleach solution , which is used in the institution according to the instructions.

Work shoes must meet specific sanitary requirements, such as non-slippery, low heels and easy cleanable. It is advisable to wear closed shoes of the appropriate size. Compliance with these requirements is of great importance to prevent injuries in the workplace.

Candidates for work in catering establishments must undergo an annual medical examination for the presence of intestinal infections, helminthiasis, venereal diseases and tuberculosis. Other mandatory examinations are carried out in accordance with the terms established by the local body of the State Production and Consumer Service, and the results of these examinations are recorded in individual medical books.

Patients and persons in whom bacillus carriers are found should be immediately removed from work until full recovery confirmed by laboratory tests. After the completion of the medical examination and the absence of contraindications, a note is made about admission to work in the personal medical book. Persons with active tuberculosis, intestinal infections, purulent skin diseases, as well as healthy people who have been in contact with patients with intestinal infections before the completion of sanitary treatment and without an appropriate medical certificate are not allowed to work [3].

Compliance with the rules of personal hygiene at the catering establishment is key to preventing infectious diseases and food poisoning. Workers with purulent skin diseases are temporarily suspended from working with finished products. Checking the staff's hands for the presence of infections is recorded in a special log. If there is no medical officer, the manager or another employee is assigned to do this check. The administration of the enterprise ensures timely medical examination of employees according to the schedule and issues a personal medical book to each employee.

After the medical examination, personal medical records are kept in the institution's administration. Personal medical books were issued to employees in branches. The institution's administration is responsible for the presence at work of only those who have passed a medical examination and for its timeliness. Employees

without a medical examination are not accepted for work. To prevent infectious intestinal diseases, preventive vaccinations are carried out according to the terms determined by the State Production and Consumer Service.

Everyone who is accepted for work must take a course on the sanitary minimum and pass a test. The program includes questions about infectious diseases, food poisoning and their prevention, sanitary regime at work, personal hygiene, requirements for food products and culinary products, rational nutrition and a healthy lifestyle. The assessment is held once every two years, and the staff must improve their qualifications at culinary schools, do internships at other institutions, and participate in competitions [4].

So, summarizing the above, it can be concluded that compliance with the rules of personal hygiene by employees in restaurant establishments is critically important for preventing outbreaks of food poisoning and infectious diseases among guests. Observance of these rules contributes to the improvement of the culture of customer service and ensures the quality of food products. It is important to consider all aspects of personal hygiene, including hand hygiene, skin care, nail care, dental care, as well as the use of appropriate sanitary clothing and mandatory medical examination of employees.

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