Good Agricultural Practices
Health and Hygiene

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What is health & hygiene?

- **Health**
  - Absence of illness
  - Absence of injury

- **Hygiene**
  - Cleanliness
  - Good hand washing practices
Good Hygiene on the Farm

• All workers/ family members should be trained and follow hygienic practices

• All visitors should comply with the farm’s established hygienic practices
  – Product inspectors, buyers, u-pick customers, CSA members & others
  – Follow appropriate hand washing procedures.
  – When necessary they should wear appropriate
    • Clothing
    • Headgear
    • footwear
    • gloves
Example:

Visitor Health and Hygiene Policy

Welcome to our farm. Food safety is a priority so we ask you to review and follow the following health and hygiene protocol.

1. If you are ill, please come back another day to visit us. Specifically, if you have diarrhea, vomiting, jaundice, or fever with a sore throat, you will not be permitted to enter the farm or packinghouse.
2. Please remove all jewelry. It is acceptable to wear a plain wedding band that does not contain a stone or jewel. Please place all jewelry in your pants pocket or if this is not possible, notify your host so that an alternative storage area can be provided.
3. Please wash your hands after using the restroom, eating, or smoking.
4. Smoking and eating are permitted only in designated areas. If you have any questions regarding these areas, please consult your host.
5. If required, please wear all protective gear provided to you.
6. If you become injured, notify your host immediately. If any blood or bodily fluid contaminated any surfaces or fresh produce, please alert your host so the problem can be fixed.
Health and Injury Policies: Hygiene

*Important for all Farms*

- Establish health & safety policies to protect workers & produce.
  - Train all workers on expectations!
  - All aspect of farm: field to harvest to market
- Everyone is trained in and uses “proper hand washing” techniques.
  - Document training (Date, list of attendees)
- Written physical hazard prevention program to address worker clothing, jewelry, etc. ECGA
Lunch and Breaks

• There should be designated lunch/break room or areas which are separate from produce handling or packing
  – Not in the field with the produce!

• OSHA does allow workers to have a water bottle with closed lid even in the fields.
  – Or water must be made available in easily accessible location.
Hygienic practices...

• Absence of jewelry except plain wedding band.
  – Makes hand washing more effective and could prevent on job injuries!
• Hair nets or ball caps when packing
• Clean aprons;
• Clean shirts, pants or other clothing.
Clean restrooms are essential!

- Available to worker *and* guests
- Set-up a schedule to check restrooms at least once a day.
  - Make sure toilet is clean, well-supplied, and no clogs!
  - Keep records.

### Audit Checklist

<table>
<thead>
<tr>
<th>Questions</th>
<th>Points</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>Doc</th>
</tr>
</thead>
<tbody>
<tr>
<td>G-10 All toilet/restroom/field sanitation facilities are serviced and cleaned on a scheduled basis.</td>
<td>10</td>
<td></td>
<td></td>
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<td>R</td>
</tr>
<tr>
<td>G-15 Company personnel or contracted personnel that apply regulated pre-harvest and/or post harvest materials are licensed. Company personnel or contracted personnel applying non-regulated materials have been trained on its proper use.</td>
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</tbody>
</table>

Include YEAR!
Restrooms

Set-up

• Linoleum or tile floors = sanitary.
• Sink with running water.
• Toilet.
• Soap dispenser & paper towels.
• Trash bin.
• Signage – Remember to wash your hands.

Indiana Dept. of Labor Laws and Regulations:

• At least one toilet with locked door
  • safety & privacy
• Accessible
• Well-lighted
• Adequately supplied
• Clean
Restroom & Hand Washing Facilities

• OSHA regulations
  – One toilet facility and one hand-washing facility shall be provided for each 20 employees.
  – Facilities shall be located within one-quarter-mile walk of each hand laborer’s place of work.
Sewage Disposal

• Improper disposal of human waste from toilets could lead to contamination of water, soil, animals, crop, worker or produce.

• Follow EPA regulations for use or disposal of sewage sludge (40 CFR Part 503)

are you prepared for this?
Hand-washing stations

- **Ideal** placement of hand-washing stations is.... separate and away from the port-o-john!

Why?
Hand washing stations…

Plans for handwashing station:
safety.cfans.umn.edu/files/2012/08/Handwashing-Jan-5.pdf
Hand washing Station Set-up

• Each station should be equipped:
  – Basin water, liquid soap, disposable paper towels, and a waste container.
    • Basin to collect gray water; gray water cannot be dumped into field.
    • Liquid soap – doesn’t have to be antibacterial.
    • Water needs to be running and potable.
  – Signs to alert workers, visitors and others to wash their hands!
Hands should be washed:

- Before beginning work & before handling produce!
- After each restroom visit!
- Before/after eating/smoking or other breaks!
- After handling produce!
- Anytime hands become dirty!
THE PROPER WAY TO WASH YOUR HANDS

1. Wet hands.
2. Use soap.
3. Wash hands while counting to 20.
4. Rinse completely.
5. Dry hands with paper towel.
6. Use paper towel to turn off faucet.
7. Put paper towel in trash.

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Hand Sanitizers

• Do not replace hand washing.

• Only effective with clean hands!

• Must be FDA approved (GRAS) for human safety.
Health and Hygiene Policies: Injury

*Important for all Farms*

- Workers report illnesses
  - Easily done at morning call-offs or sign-ins
- Sick people cannot handle produce!
- Establish procedures to address body fluids to avoid contacting produce and work surface areas.
  - Enforce bandages and glove use when workers have cuts or scrapes.
Workers

– Training to let workers know what is expected and why
– Cuts and wounds covered
– Records must be kept of all observed and reported symptoms of food-transmissible diseases
– Workers trained to notice and report symptoms of foodborne illness
– Workers refrain from coughing or sneezing over produce

Eastern Cantaloupe Food Safety Guidelines: Mike Horrall, Melon Acres, Inc., William Harriman, William Harriman Farms, Scott Monroe, Purdue Extension,
Why would anyone go to work sick?

• For Farms with Hired Workers
  – May not have sick pay / leave
  – May not health insurance
  – May not have transportation to health care provider
  – May need to get work done!

• For Farms with Family Workers
  – Who else will get work done?

How will you keep sick people from handling produce on your farm?
Procedure for a Cut on Hand

Finger cut while harvesting corn. Check for blood on produce and destroy produce if found. Report to supervisor.

Wash with soap and water.

Cover with bandaid.

Wear a disposable glove.
Single - Use Gloves

- Can be an added hygienic practice.
- Must be used in combination with hand washing.
- Must be discarded, hands washed, and new gloves put on each time the wearer changes tasks or gloves get torn.
- Can be a vehicle for transferring surface bacteria or viruses.
- Required with open wounds and sores.
Questions?
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Portions of this presentation adapted from the work of:
Elizabeth Bihn, National GAPs Program at Cornell
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