

# Personal Hygiene Agreement Form

## Kitchen Staff

### Employee Information

Employee Name:

Job Title:

Date:

### Agreement

I understand and agree to abide by the following personal hygiene rules while working in the kitchen:

- Wash hands thoroughly and frequently with soap and water.
- Wear a clean uniform and keep fingernails trimmed and clean.
- Wear hair restraint (cap or net) at all times.
- Do not come to work when suffering from contagious illnesses or gastrointestinal symptoms.
- Report any wounds, cuts, or skin infections to the supervisor immediately.
- Do not wear jewelry (except plain ring band).
- Do not eat, drink, chew gum, or smoke in food preparation areas.
- Follow all kitchen hygiene and safety protocols at all times.

I confirm that I have read, understood, and will comply with the personal hygiene requirements listed above.

### Signature

Employee Signature:

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Supervisor Name and Signature:

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Date:

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