



Unit 1: Hair Restraints

Good Manufacturing Practices: Personnel

Based on the Code of Federal Regulations and
FSPCA Chapter 3



After this lesson, you will be able to:



1. List the different types of hairnets available to food workers.
2. Identify how to correctly wear them
3. Explain why food workers must wear hairnets to protect food safety.
4. Use what you learned to answer the activities worksheets.



Hair Restraints

Hair restraints help to protect:

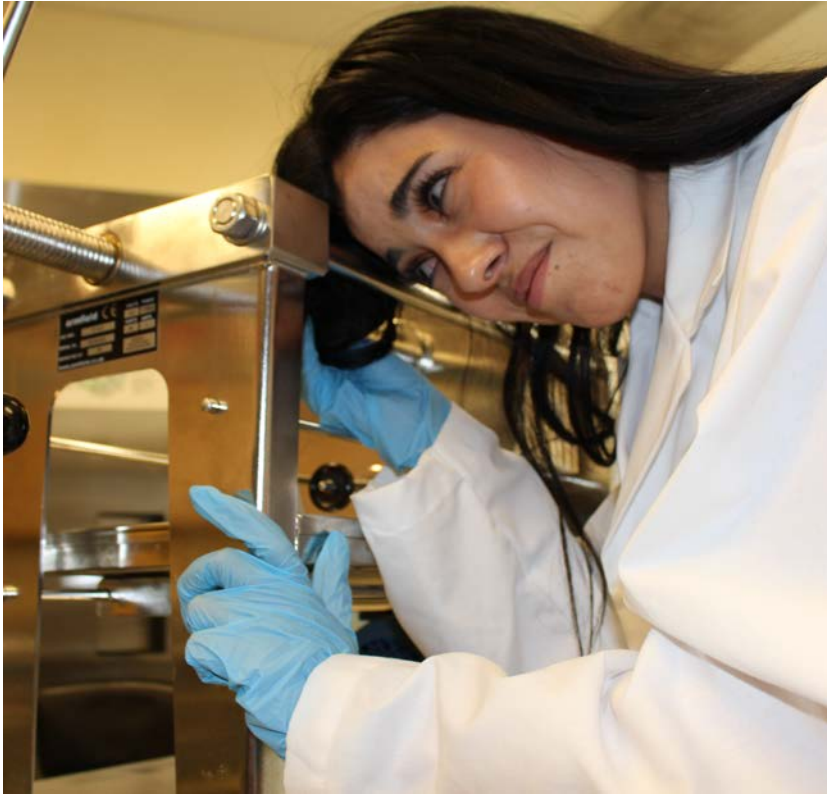
- Food workers
- Food
- Consumers



Please be aware that the following pictures are graphic and may be disturbing to some viewers.



Are Hair Restraints Necessary?...



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Physical Accidents Due To Loose Hair



Hair as a Physical Contaminant



Hair Restraints

Required by Food Law
CFR 21.117.10 (b)(6)



Types of Hair Restraints



Hairnets



Beard Net



Other Hair Restraints



Head Scarves



Caps



How Do I Wear a Beard Net?



- 1. Hold the elastic in one hand and the beard net in the other hand.



- 2. Put the elastic behind the head and make sure the beard net covers your nose.



How Do I Wear a Beard Cover? Cont.



- 3. Put the beard net under your chin. The elastic should be over the ears and around the back of the head.



How Do I Wear a Hairnet?



- 1. Brush and tie the hair back. The hairnet elastic needs to lay flat against the neckline.



- 2. Hold the hairnet open with the seams to the front and back of the head.



How Do I Wear a Hairnet? Cont.



- 3. Put the hairnet across your forehead and pull the hairnet over the top of the head.



- 4. Completely cover ears with the hairnet. This ensures that the hairnet is used correctly.



How Do I Wear a Hairnet? Cont.



- 5. All hair must be inside the hairnet. The elastic headband should lay at the top of the ears.



6. Put on any other personal protective equipment after the hair restraints have been properly placed on the head and face.

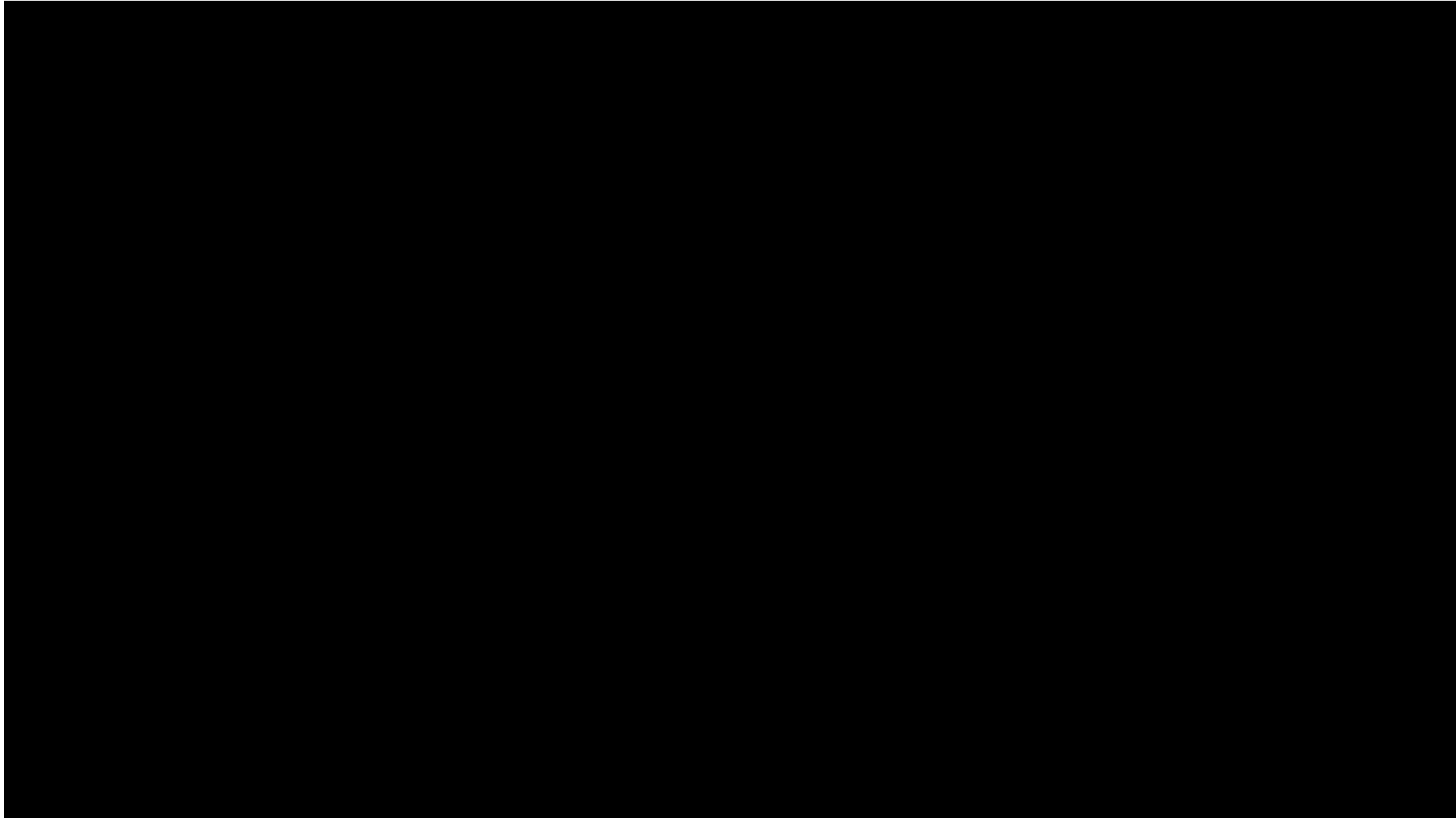




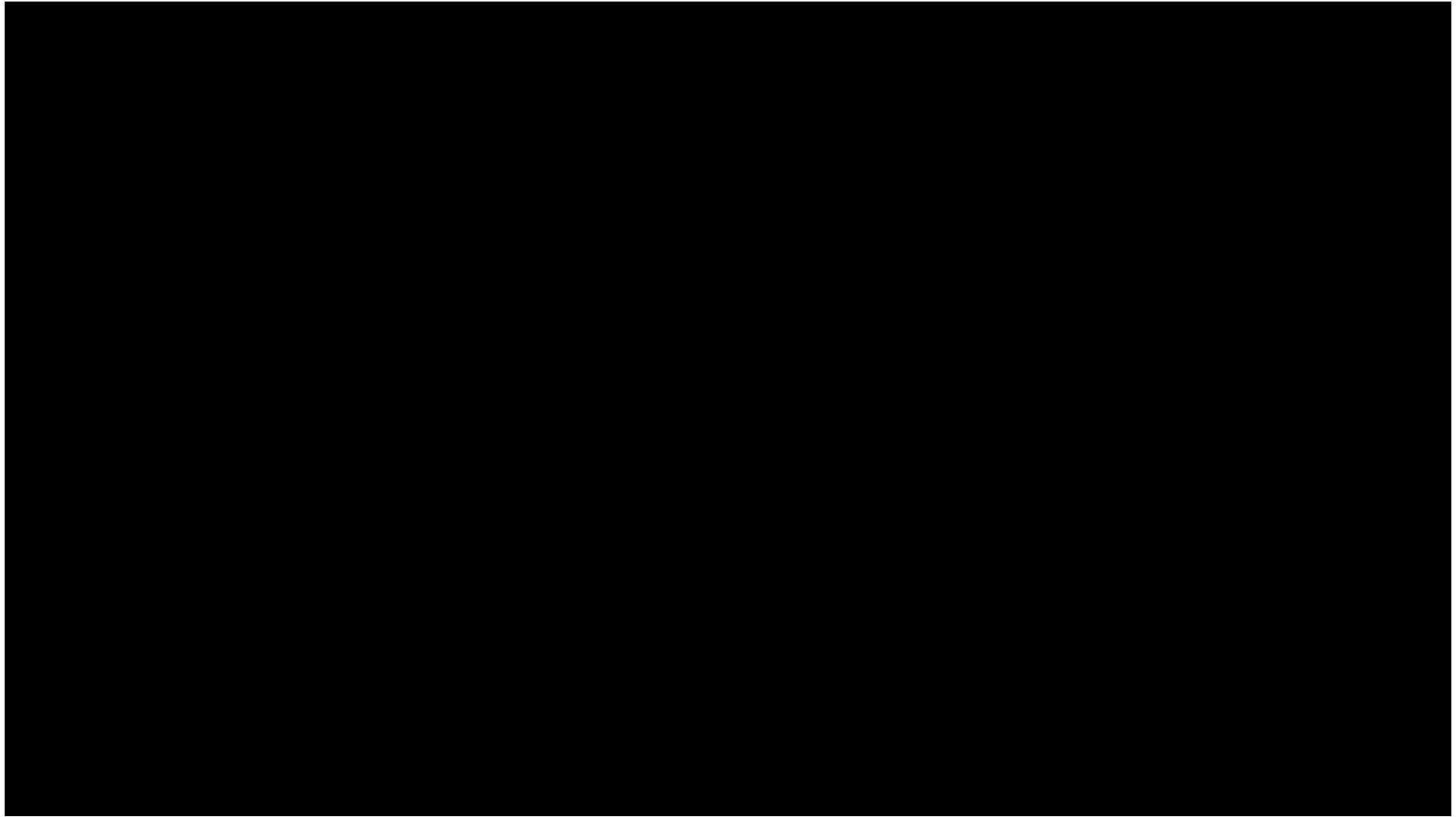
How can I make sure I'm wearing hair restraints the right way?



How to Wear Hairnets Correctly



How to Wear Hairnets and Beard Nets Correctly



After Putting on a Hair Restraint:



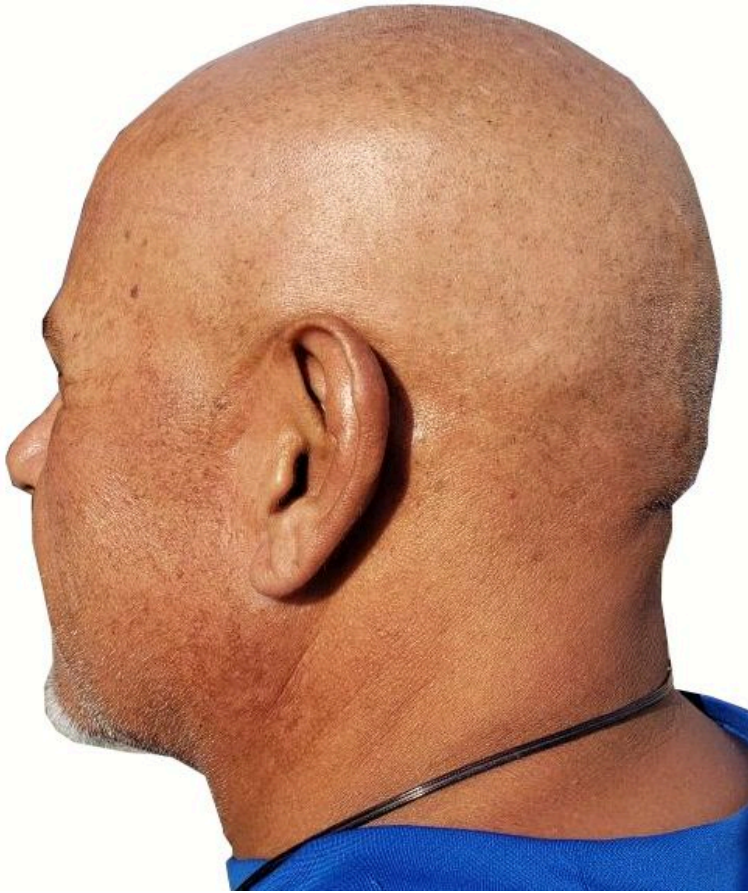
- Please remember that after you put on a hair restraint, you must wash your hands before entering or returning to the work area.





Why Must I Wear Hair Restraints?





When Should I Wear Hair Restraints?



Review: What, Why, and How Hair Restraints Must be Worn

1. The two types of hair restraints that food workers use most often are hairnets and beard nets.
2. Food workers must wear hair restraints to prevent loose hair from getting into food and clean equipment, to prevent hair touching during processing, and prevent hair from getting caught in machinery/equipment.
3. Hair restraints must completely cover all head hair and facial hair, inside of the hair restraint.



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