

Unit 1: Hair Restraints Worksheet Answer Key
 Online Food Safety Training for New Mexico Food Manufacturing Employees
 Good Manufacturing Practices: Personnel

Identifying the Correct Way to Use and Wear Hair Restraints

This worksheet can be completed individually, in pairs or as a group. Allow learners to work accordingly for at least 10 minutes.

After this activity you should be able to:

- Identify how to use hair restraints correctly.
- Describe how to correctly wear hair restraints.
- Describe the dangers/risks to food manufacturing employees and the food being processed when hair restraints are not worn correctly.

Directions: Look at each image below and circle “Yes” if the hair restraints are **used correctly** and circle “No” if the hair restraints are **not used correctly**. **Explain** your answers next to each image. If the hair restraint is being used correctly, list the reasons why they are worn correctly. If the hair restraint is not being worn correctly, explain the reasons and describe the dangers/risks to the food manufacturing employee and the food being processed.

1.



No

Why? He should be wearing a beard net. Beard hair can get caught in machinery and become a physical contaminant in food. A clean hat can be an appropriate alternative for a hairnet unless the processing facility restricts the use of hats as an appropriate hair restraint.

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2.



No

Why? He is not using the appropriate hair restraints required. He should utilize both a hairnet and a beard net. Hair can get caught in machinery and become a physical contaminant in food.

3.



No

Why? The use of the hairnet and hardhat are appropriate because the head hair is not exposed. He failed to use a beard net as one is necessary for the length of his beard. Facial hair can get caught in machinery and become a physical contaminant in food. (Beard cannot be longer than ONE day worth of growth)

4.



Yes

Why? The use of the hairnet and hardhat are appropriate because the hair is not exposed. A beard net is not necessary.

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5.



Yes

Why? The use of the hairnet is appropriate because the hair is not exposed. A beard net is not necessary.

6.



Yes

Why? The use of the hairnet and hardhat are appropriate because the hair is not exposed. A beard net is not necessary.

7.



No

Why? The use of the hairnet is appropriate because the hair is not exposed. He failed to properly use a beard net. Facial hair can get caught in machinery and become a physical contaminant in food.

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8.



Yes

Why? The hair restraint is used properly because the back of the neck is fully covered, and hair is not exposed.

9.



No

Why? The head covering is an appropriate alternative for a hairnet, unless the processing facility restricts the use of head coverings as an appropriate hair restraint. The beard net is not restraining ALL beard hair. The beard net should be covering his moustache and the sides of his face. Exposed facial hair can get caught in machinery and become a physical contaminant in food.

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10.



Yes

Why? Hair is restrained with a hair tie and headband to reduce the risk of physical contamination to food. The physical threat to the employee depends on the length of the hair while tied up. Management and company policies will determine if this type of hair restraint is appropriate for personnel.

11.



Yes

Why? The use of the hairnet is appropriate because all head hair is covered. A beard net is not required.

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12.



No

Why? Failed to use the hair restraint properly. Loose unrestrained hair is exposed and has the potential of getting caught in machinery and becoming a physical contaminant in food.

13.



No

Why? Failed to use a hairnet. Loose/unrestrained hair can get caught in machinery and become a physical contaminant in food.

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14.



No

Why? A clean hat is an appropriate alternative for a hairnet, unless the processing facility restricts the use of hats as an appropriate hair restraint. However, he failed to wear a beard net. Beard hair has the potential of being caught in machinery and becoming a physical contaminant in food.

15.



No

Why? Hairnet is not covering all hair. The proper use of a hairnet covers all hair including bangs and hair behind the neck. Exposed hair has the potential of being caught in machinery and becoming a physical contaminant in food.

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16.



No

Why? All head hair should be covered by the hairnet. A beard net is also necessary for this individual. Unrestrained and exposed hair has the potential of being caught in machinery and can become a physical contaminant in food.