

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

Identifying the Correct Way Use and Wear Hair Restraints

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.



Are the hair restraints being worn correctly?

Yes

No

Why? _____

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2.



Yes

No

Why? _____

3.



Yes

No

Why? _____

4.



Yes

No

Why? _____

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5.



Yes

No

Why? _____

6.



Yes

No

Why? _____

7.



Yes

No

Why? _____

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8.



Yes

No

Why? _____

9.



Yes

No

Why? _____

10.



Yes

No

Why? _____

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11.



Yes _____ No _____
Why? _____

12.



Yes _____ No _____
Why? _____

13.



Yes _____ No _____
Why? _____

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14.



Yes No

Why? _____

15.



Yes No

Why? _____

16.



Yes No

Why? _____

