

## Hair restraints Script

**S1 (L) Script:** This lesson is based on the personnel part of Good Manufacturing Practices, also known as GMP. Today we will learn about hair restraints, or hairnets and beard nets. This lesson was made following the Code of Federal Regulations and chapter three of The Food Safety Preventive Controls Alliance. This lesson will be taught by the trainer, by using the learning tools provided such as PowerPoints, videos, pictures, posters, and worksheets. This lesson will cover the different types of hair restraints available to food workers, their correct usage, and the dangers to food safety and workers if not used correctly. After each unit lesson, there will be an activity worksheet that will help you, as the learner, show what you have learned. The trainer will inform you how and when these lessons will occur according to the company's policies. Please raise your hand if you have any questions or comments at any point throughout this lesson.

### Key terms

**S2 (L) Script:** After this lesson, you will be able to list the different types of hairnets available to food workers, identify how to correctly wear them, explain why food workers must wear hairnets to protect food safety, and use what you have learned to practice on the activities worksheets.

**S3 Script:** When working with food, it is important to keep the worker, food and, consumer safe. To prevent any harm to the worker, hairnets help keep loose hair from getting caught in any machinery which can lead to serious harm, even death. Using a hairnet also helps keep loose hair from getting into food. When hair falls into food, the hair can carry bacteria onto food items. This would make the food unsellable and even dangerous to the consumer. Using hairnets can help protect you, the food, and keep the consumer safe. Please be aware that the following pictures are graphic and may be disturbing to some viewers.

**S4 (L) Script:** Theresa was called in to work on her day off. She agreed to work only a few hours because she had a party to go to in the evening. She spent an hour combing her hair and since she only agreed to work half a shift, she decided to wear her hair down while processing food with heavy food processing equipment. Just as her supervisor was trying to catch her attention to correct her decision of not wearing a proper hair restraint, her hair got caught in the equipment.

Mike has worked for Safe Foods Processing Facility for 7 years. On this particular day, the beard net box was completely empty. He felt embarrassed telling his supervisor about this issue because he is the only employee with a beard. He had never had an accident before and he didn't think this day would be any different. Although feeling uneasy about his situation, Mike decided to proceed to the processing line. While trying to change the setting on the food processing equipment, Mike's beard got caught in the machine. Please be aware that the following pictures are graphic and may be disturbing to some viewers.

**S5 (L) Script:** While Theresa and Mike were able to go home without any major injuries, Maria was not so lucky. Maria liked to show off her bangs outside of her hairnet even though she had several verbal warnings and a write up from her supervisor. Maria knew this was a bad habit, but she wanted to look different from the other women at Safe Foods Processing Plant. One day while working on a food line, Maria noticed a backup on the line. Without thinking, Maria reached over to clear the backup and her

bangs instantly got caught in the food processing equipment. Luckily, she survived the accident. Maria's hair will never grow back and now she definitely stands out from the other women at Safe Foods Processing Plant.

**S6 (L) Script:** The food in this picture has been contaminated with the hair of a food worker. How would you feel if you bought this food product to eat at home? What would be your first reaction when you found a hair in your food?

**(L) Key Terms:**

**Physical contaminant:** any object that can be visibly seen that should not be a part of the final food product. Natural objects left in food and foreign objects can both be physical contaminants.

Examples:

Metal shavings, hair, jewelry, fruit pits, and bones.

**S7 (L) Script:** Hair restraints include hats, hair coverings, hairnets, beard nets, and clothing that covers body hair. The word restraint means to keep something under control or within limits. Hair restraints are hair coverings designed to be worn to keep personal hair from contaminating food and clean equipment.

**S8 (L) Script:** There are different types of hair restraints that food workers can use. A hairnet is a piece of mesh fabric for keeping hair on a person's head. Hairnets must be worn on the head of all food workers. Beard nets are also a piece of mesh fabric, but they are used to keep facial hair from falling. Beard nets must be worn to cover facial hair including moustaches, beards, and goatees.

**S9 (L) Script:** Most of the time food workers will use hairnets and beard nets as hair restraints. Hairnets and beard nets are the easiest and safest way to protect food from your hair. There are also other types of hair restraints like head scarves and caps. Head scarves are large pieces of fabric that cover all head hair. When using a head scarf, it is important to remember to leave extra material as short as possible. If there is a lot of extra material from the headscarf around the neck area it is possible that it can get caught in machinery and cause a physical accident. Caps can also restrain hair. Be sure to tie all head hair back when using caps in food manufacturing facilities. Head scarves and caps must be clean and only used for food processing areas. Management and company policies will determine if head scarves and caps are allowed in place of hairnets as appropriate hair restraints.

**S10 (L) Script:** There are three steps to applying a beard net.

Step 1: Open the beard net with the elastic ends to the left and right. Hold the elastic in one hand and the beard net in the other hand.

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

**S11 (L) Script:**

Step 3: Put the beard net under the chin. The elastic should be at the top of the ears and around the back of the head. Make sure beard or any facial and neck hair is well covered by the net.

**S12 (L) Script:** There are six steps to wearing a hair net.

Step 1: Brush and tie the hair back. Make sure the hair is not tied down too low. The hairnet elastic needs to lay behind the neck, where hair stops to grow.

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

**S13 (L) Script:**

Step 3: Put the hairnet across your forehead and pull the hairnet over the top of the head. Make sure all hair in the neck area is covered by the hairnet.

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

**S14 (L) Script:**

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

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

**(L) Key Terms:**

Personal Protective Equipment: Protective equipment designed to protect the wearer's body from injury or infection. For example:

Helmets

Goggles

Coats

Aprons

**S15 (L) Script:** How do you know if you are wearing hair restraints the right way? (Pause at least 10 seconds. Wait for answers.) Make sure that all head hair, including neck hair, is covered with a hairnet. Always cover all facial hair with a beard net. Any hair must be inside of the hairnets or beard nets.

**S16 Script:** This video shows how to wear hairnets Correctly

**S17 (L)Script:** Please remember that after you put on a hair restraint, you must wash your hands before entering or returning to the work area.

**S18 (L) Script:** Hairnets and beard nets help to keep hair away from food and keep the equipment clean. Hair restraints also help food workers to stop touching their hair when they work with food. Also, hair restraints prevent hair from getting caught in the food processing equipment.

**S19 (L) Script:** Food workers always need to wear hair restraints in food production areas. If hair is long enough, it needs to be tied back. So, what about people with short hair? If your hair growth is over a day

old, you must wear a hair restraint. Face and head with no hair do not require hair restraints unless the food processing operation wants food processing employees to wear them.

**S20 (L) Script:**

Let's Review what we have learned:

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.