



Hygiene requirements during handling of fish and fishery products

अधिक जानकारी के लिए कृपया संपर्क करें:
प्रभारी वैज्ञानिक, भाकृअनुप-केमाप्रौसं का वेअके, गुजरात
*For further information please contact:
Scientist-In-Charge, VRC of ICAR-CIFT, Gujarat*

भाकृअनुप-केमाप्रौसं का वेरावल अनुसंधान केंद्र
मत्स्यभवन, भिडीया प्लॉट, वेरावल, गुजरात - 362269
2020

Veraval Research Centre of ICAR-CIFT
Matsyabhavan, Bhidia Plot, Veraval, Gujarat-362 269
2020



ICAR-CIFT 

भाकृअनुप-केन्द्रीय मात्स्यकी प्रौद्योगिकी संस्थान
भारतीय कृषि अनुसंधान परिषद

2020

Good hygienic practices are essential to ensure that fish products are safe to eat. The concept of hygienic behavior consists of simple, hygienic actions that individual fishers and people who handle fish products can adopt. These principles apply both to the people who handle the catch and the equipment and surfaces that the fish products come into contact with.

Bacteria are present everywhere especially in unhygienic environments. They are present in our stomach, saliva, earwax and nasal mucus. If the fish come into contact with environment, they easily gets contaminated with bacteria. Some of these bacteria may produce disease in human and they can make the fish dangerous and poisonous to eat. Anyone who eats such fish can result in diseases such as nausea, vomiting, diarrhea, head ache etc. Therefore, all persons who handling fish should maintain good personnel hygienic practices to ensure that the fish served to consumers are safe to eat.



Hygiene and protective clothing

Fish handlers (fishermen, landing site workers, fish processors, traders) should wear suitable protective clothing, head covering and foot wear.

Sick persons

- Fish handlers should not be allowed to handle fish when they are ill, especially when they suffer from diarrhea, vomiting and discharges from ear, nose etc

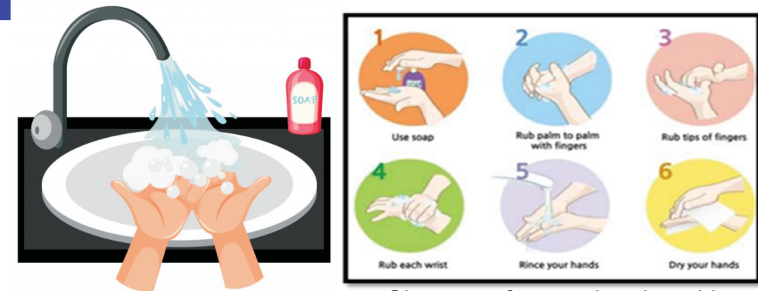


- Fish handlers should cover all the cuts, burns and scores with waterproof dressing

Hand washing

Fish handlers should always wash their hands before starting of their work and also in the following situations:

- immediately after using the toilet
- after handling of pets such as dog and cat
- after coughing or sneezing
- after touching rubbish/waste bins



Six steps of proper hand washing

Personnel conduct

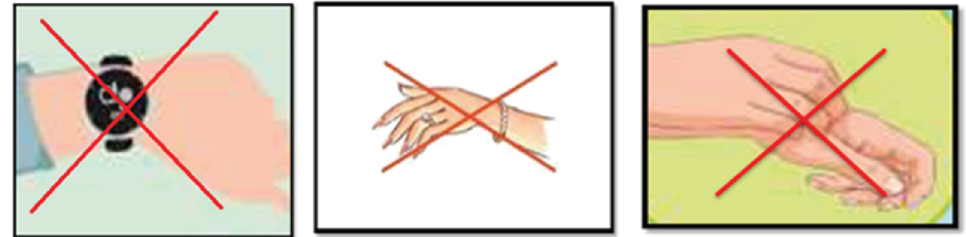
Fish handlers should stay away from the following activities during handling of fish to prevent contamination

- Smoking
- Spitting
- Chewing or eating
- Sneezing or coughing over the product
- Eating / drinking when handling fish



Personal effects

- Personal effects such as jewelry, watches, pins or other items should not be worn or brought into fish handling areas.
- Fish handlers should not keep long nails and scratch/prick nose, pimple etc.



Conclusion

Hygienic handling of fish is very important to prevent the fish from the contamination of any chemical and microbial hazards. Fish handlers should realize that good hygienic practices are their responsibility and ensure that the fish they provide is safe to consumer.

Dr. Anupama T K, Smt. Renuka V, Dr. A K Jha, Shri. Parmanand Prabhakar and Dr. Toms C Joseph