Responsibilities of food and beverage personnel

State if the following statement are true or false.

1. Shower once a week
2. Always use Deodorants
3. Perfumes can be worn strong
4. Sufficient sleep, exercise and balance diet will not help you cope with stress
5. Hands must be cleaned, nails trimmed, no polish
6. Males should be clean shaven
7. Females can wear heavy makeup
8. All type of earrings can be worn
9. Your uniform should be cleaned, and pressed
10. Hair must be clean, well groomed, and tied back
11. Shoes should be comfortable and clean to allow safety and comfort when walking
12. Your teeth should be brushed before coming to work
13. Cuts and burns don't need be covered
14. Your hands should not be washed immediately after using the toilet, smoking, or dealing with garbage. Use hot water and soap
15. Excessive jewellery should can be worn.
16. Any colds or any infection should not be reported
17. Try to avoid any mannerisms that you may have such as running your fingers through your hair, chewing gum, or scratching your face

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