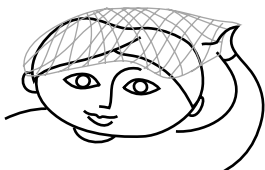


# WHAT IS AN EFFECTIVE HAIR RESTRAINT?



Hair restraints, when properly worn by food service personnel, demonstrate a commitment to good sanitation practices—this is of keen interest to the public served by the food service industry. Hair must be restrained to prevent any possibility of its falling into food. All food establishment employees, including management, should realize that the use of effective hair restraints is a worthwhile method of gaining consumer confidence.

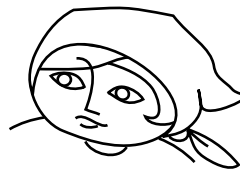
The following illustrations depict hair restraint techniques approved the Marion County Health Department.



**Hair net**



**Cap**



**Scarf**

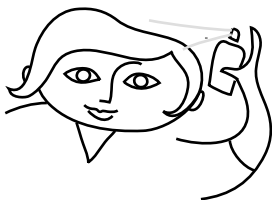


**Visor cap**

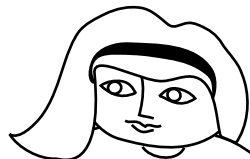
Proper use of hair restraints requires the following:

- Hair restraints must be consistently worn.
- Long hair must be secured **under** the hair restraint.
- Facial hair (beards) must be covered with a beard restraint.

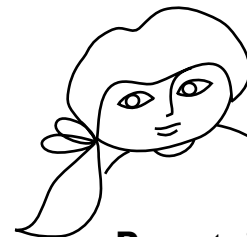
The following illustrations depict hair restraint techniques not approved or accepted by the Marion County Health Department.



**Hair spray**



**Head band**



**Pony tail**