Good hygiene and good fish handling practices

Proper fish handling generates more income, improves business and customer satisfaction. Well processed fish generate more income whereas spoilt fish results into losses.

Additionally, enzymes and bacteria greatly spoil fish. The bacteria are found in dirty places and are greatly harmful to fish consumers therefore its is very important to follow hygenic practices during fish handling. Some of the hygenic practices to be ensured include, cleaning working area, preventing animals accessibility to fish handling areas, cleaning fish handling equipments, handling fish with care as well as ensuring that the workers are clean.

Benefits of fish

Fish provides employment opportunities to various groups of people such as transporters, boat makers. Also fish provide foreign and local income when sold to both international and local markets. Additionally, they also act as well as food as well as the required human body nutrients such as vitamins, proteins, minerals and fats.

Causes of spoilage

Usually, warm environments cause spoilage by activating harmful bacteria‘s. Additionally, enzymes found inside fish body also spoil fish through digestion. Furthermore, rough fish handling for example throwing and stepping on fish also accelerates fish spoilage as well as dirty environments and dirty equipments. Lastly, improper fish drying, fish contact with animals and poor storage also cause fish to go bad.

Proper fish handling

Always remove the intestines, gills and wash fish in clean water. Also keep fish in ice to slow down harmful bacteria as well as drying fish well to hinder activities of harmful bacteria. Also cook fish quickly to kill the bacteria‘s and enzymes. Furthermore, keep fish away from dirty environments to prevent harmful bacteria from invading the fish.