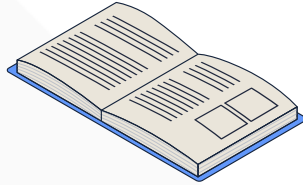


Level 1 Food Hygiene and Safety

Module 4: Cleaning and Personal Hygiene

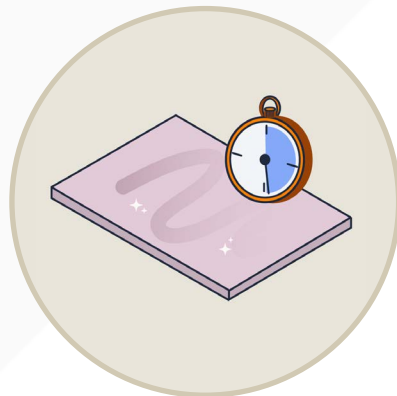
Learning outcomes

- Identify food safety hazards and recognise how to prevent the contamination of food.
- Recognise the consequences of poor food hygiene and safety.
- Outline the importance of personal hygiene and effective cleaning practices.



Key terminology

Clean as you go - a process that refers to dirt, spillages and rubbish being cleaned up when they happen, rather than waiting until the end of the day.



Why do we clean?

Thorough and regular cleaning is vital for maintaining food safety standards. You must take the role you play in keeping things clean and disinfected seriously at all times.

Following thorough cleaning procedures is essential for upholding good food hygiene. We clean to:

- Remove particles of dirt and food.
- Disinfect specific surfaces and equipment.
- Deter pest infestation by disturbing areas where they may be living.
- Promote confidence in customers regarding the safety of their food.

Effective cleaning

Having effective cleaning and disinfection measures in food premises is essential for removing microbial and allergenic hazards. For food and hand-contact surfaces, cleaning should involve a two-step process of **cleaning** and **disinfection**.

Whilst the exact cleaning process you are required to follow in your workplace may vary, key steps involved in effective cleaning generally include:

- Pre-clean.
- Main clean.
- Rinse.
- Disinfection.
- Final rinse.
- Drying.



Level 1 Food Hygiene and Safety

Module 4: Cleaning and Personal Hygiene

Handwashing and personal hygiene

Maintaining high levels of personal hygiene is one way that you can prevent cross-contamination from occurring. For example, washing your hands properly removes dirt, viruses and bacteria and helps to prevent these from spreading to other people or onto food.

You should also avoid touching food products with your bare hands where possible. Instead, use tongs, single-use bags or disposable gloves when handling food directly.

People often do things without thinking, which can accumulate as bad habits. These have the potential to contaminate food and should always be avoided. For example, picking or scratching your nose, tasting food with your finger or an unwashed spoon, blowing on cutlery or glass before polishing it or biting your nails.



Pest control

A pest is any animal or insect that eats, lives in or infects food. They contaminate and destroy food products and can be a major cause of food poisoning. The most common pests include mice, rats, birds, insects and flies.

Good housekeeping and adopting a 'clean as you go' attitude will help deter pests from your premises. You should:

- Keep all doors and windows closed at all times.
- Keep all areas of the premises clean and tidy.
- Store all food in pest-proof containers and keep them off the floor.
- Always cover any food that's on display.
- Check deliveries are free from pests on arrival.
- Report dripping taps.
- Remove hiding places from around the premises, such as by removing clutter.
- Ensure outdoor bins are kept closed and secure.