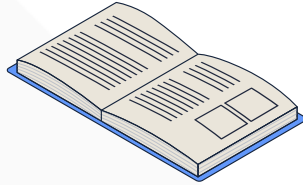


Level 1 Food Hygiene and Safety

Module 2: Food Safety Hazards

Learning outcomes

- Recognise the consequences of poor food hygiene and safety.
- Explain your own and others' responsibilities for food hygiene and safety.
- Identify food safety hazards and recognise how to prevent contamination of food.



Microbial hazards

Microbial contamination of food is the most common reason behind outbreaks of food poisoning and food spoilage.

This includes contamination from:

- Bacteria.
- Viruses.
- Moulds.



Everyone in your workplace has a role to play in order to control microbial hazards and prevent harmful bacteria from multiplying. Some of your key responsibilities regarding this include:

- Rotating stock correctly.
- Ensuring you are complying with the law by never using, displaying or distributing food that is past its use-by date and disposing of those that are.
- Making sure that fridges and freezers aren't overloaded.
- Storing all food correctly and safely.
- Separating raw and ready-to-eat foods at all times, including during deliveries.
- Following all pest control measures in your workplace.
- Promptly and safely dispose of any unfit or contaminated foods.
- Keeping your workplace and/or work vehicle clean and tidy.
- Following good personal hygiene practices.

Allergenic hazards

A food allergen is a specific food ingredient that causes an adverse reaction in the body. While some people find their food allergy easy to manage as their reactions are mild, for others, it can be life-threatening. **You must ensure you are aware of the 14 named allergens.**

As a business, food safety law must be complied with by ensuring:

- All customers are made aware that allergen information is available from a member of staff.
- They only sell food that is safe and correctly labelled with up-to-date allergen information.
- Measures to avoid allergenic cross-contamination are implemented or, where this isn't possible, ensure the customer is aware of the risk if they make a specific allergen request.

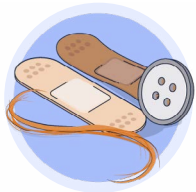
As part of your role, you should be given specific training on how to deal with allergens and your company's policies. You have a responsibility to follow the procedures they put in place at all times.

Level 1 Food Hygiene and Safety

Module 2: Food Safety Hazards

Physical hazards

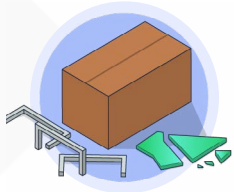
Physical hazards are physical items in food that should not be there. They can cause serious harm, such as choking, cuts to the mouth or broken teeth. The most common sources of physical contamination are the '6 Ps'. These are:



People



Pests



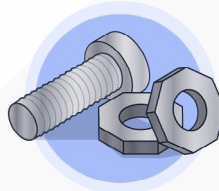
Packaging



Premises



Product



Plant

Physical hazards can be controlled in several ways, such as by following any glass breakage policies, wearing any personal protective equipment (PPE) or clothing that you're required to, following your workplace's pest control system and reporting any worn and damaged equipment to your line manager as soon as you notice it.

Chemical hazards

Chemical hazards can contaminate food at any stage in the production or preparation process. To avoid chemical contamination, it's essential to **keep chemicals away from food at all times**.

Correct food storage is also an important way of controlling chemical hazards. Chemicals should always be stored in labelled containers and housed far away from any food products.

Cross-contamination

Cross-contamination occurs when bacteria or other contaminants are transferred between food, surfaces or equipment. Bacteria can be transferred to food through contaminated:

- People.
- Surfaces.
- Raw food.
- Insects and animals.
- Cleaning cloths or incorrect use of gloves.
- Dust, soil and dirt.
- Clothing and/or visibly dirty or contaminated PPE.



Maintaining a colour-coded kitchen is a good way to manage cross-contamination. For example, using colour-coded chopping boards, cloths and having designated allergen areas can all support safe practice.

The same rule can be applied to cleaning and disinfection. For example, you could use a yellow mop and bucket for cleaning the kitchen floor, a blue mop and bucket for cleaning the floors in the customer areas and a red mop and bucket for cleaning the toilet areas on the premises.