

Food Safety for Food Handlers

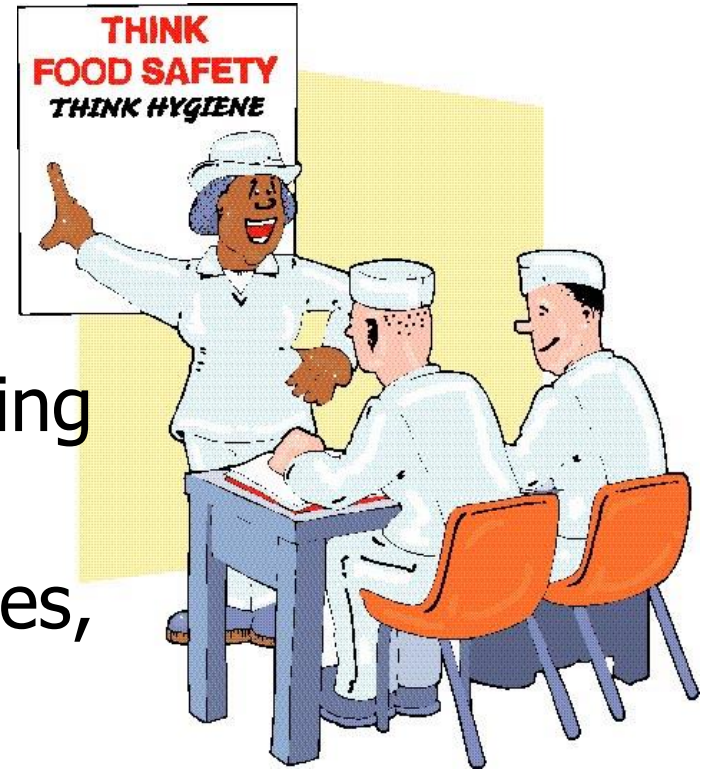
**Over 20 poisoned
by school food
near Moscow**

MOSCOW — More than 20 secondary school students were hospitalised with food poisoning yesterday

Tragedy at Bangladesh festival
**13 dead, 500
ill after food
poisoning**

Purpose of Good Food Safety

- Serve good food
- Good guest feedback, no complaints
- No allegations of food poisoning or foreign material
- No fines; No court appearances, No jail
- No bad publicity
- Happy guests and Happy staff



Good Practice

- These include
 - Staff training
 - Clean facilities
 - Stock rotation and date coding
 - Correct storage conditions
 - Safe food preparation
 - Working equipment
 - Pest control
 - Ingredients/raw materials sourced from reliable suppliers
 - Traceability

Food Poisoning

An acute illness, usually with symptoms of diarrhoea and/or vomiting, nausea and abdominal pain, caused by the consumption of contaminated or poisonous food (a multiplication of bacteria usually occurs within the food)

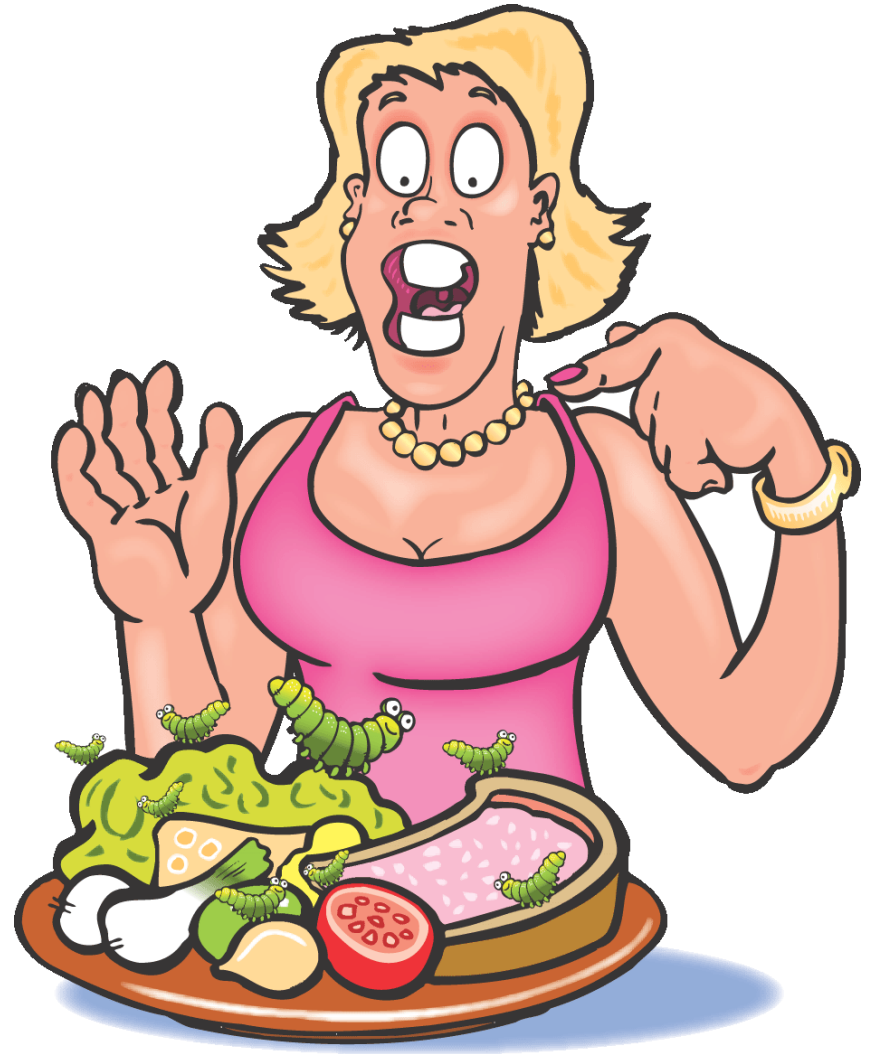


Food safety involves

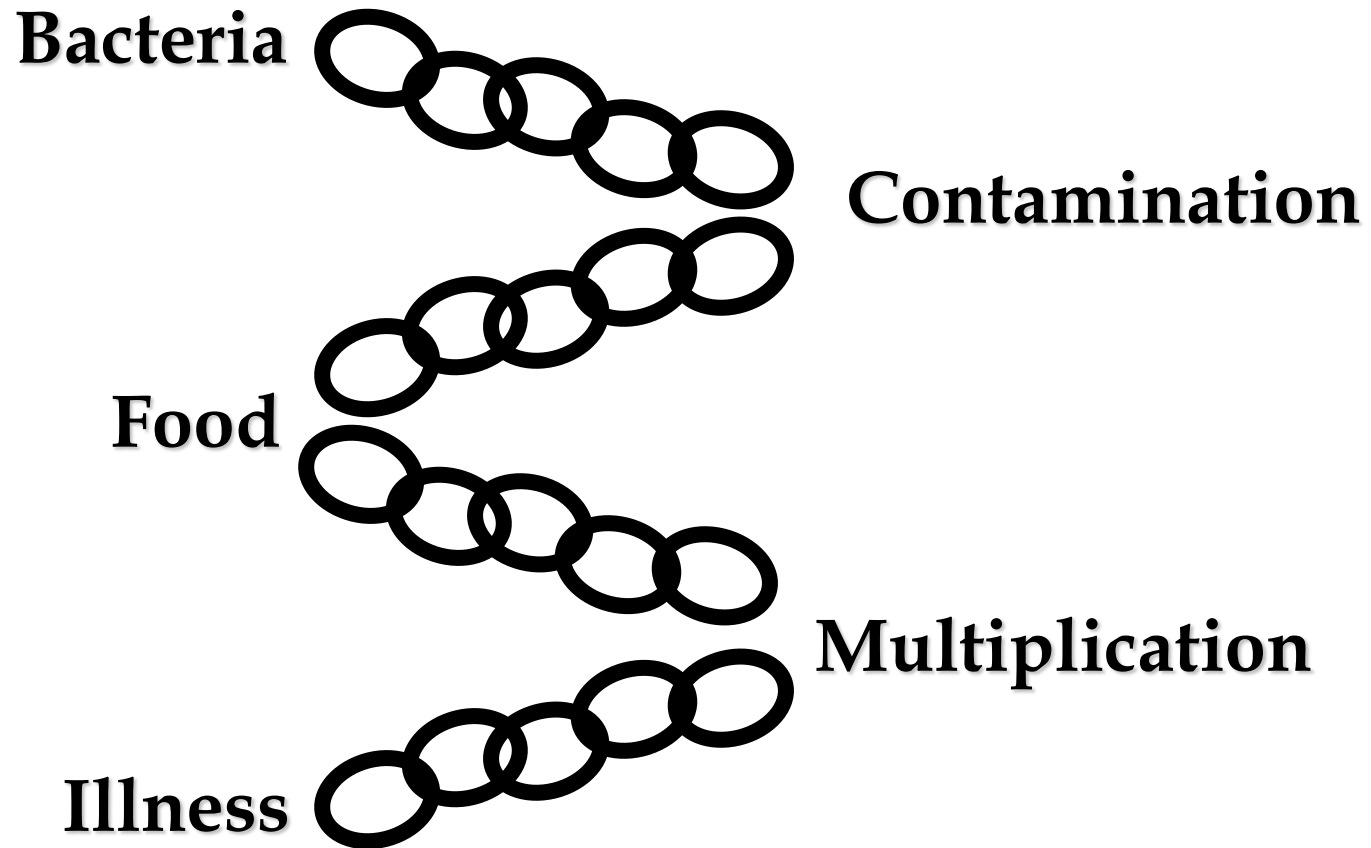
- Protecting food from contamination

What is contamination?

- Contamination is when something objectionable gets into food or onto food surfaces or equipment.



The Chain of Infection



3 types of Food Contamination routes

- Microbiological: Bacteria, mould, yeast, viruses
- Physical: Metal, glass, wood, plastic, rubber
- Chemical: Cleaning fluids, grease, pesticides, fumes
- Allergnase: 14 Types



Contamination Hazards

- People
- Raw food
- Machines and Equipment
- Insects, Rodents, Animals and birds
- Dust, the environment
- Refuse and waste food, materials and Packaging



Preventing Food Contamination

- Keep food out of the Danger Zone – no **Bacterial** growth
- Avoid **Cross Contamination** – keep raw food away from ready to eat
- Keep chemicals away from food – no **Chemical** Contamination
- Keep glass, hair, pests away from food – no **Physical** Contamination

How do Microorganisms Transfer to Foods?



Hands



Utensils

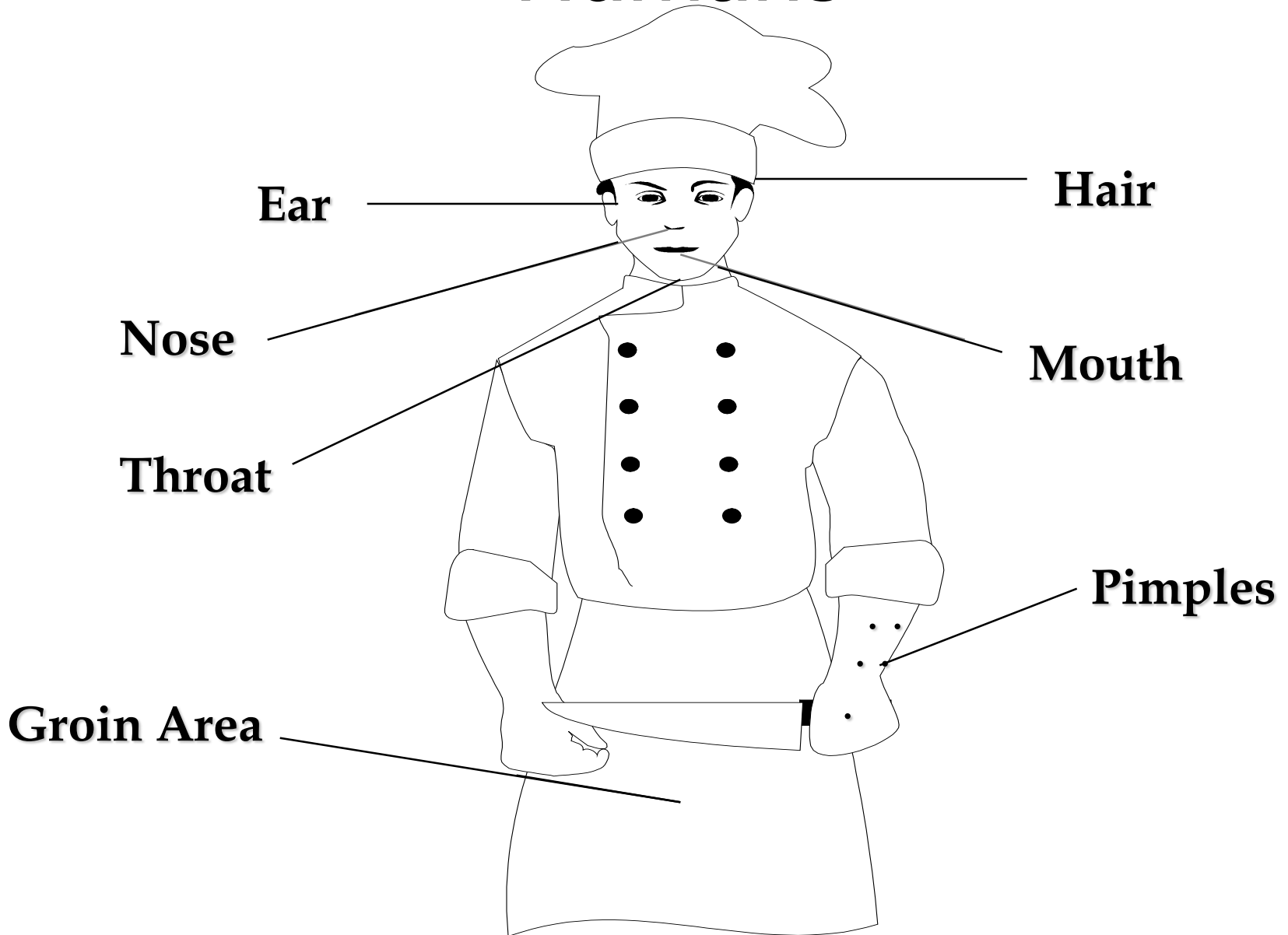


Equipment



Whole Body

Humans



Why Wash Hands?

Unwashed Hands



Washed Hands

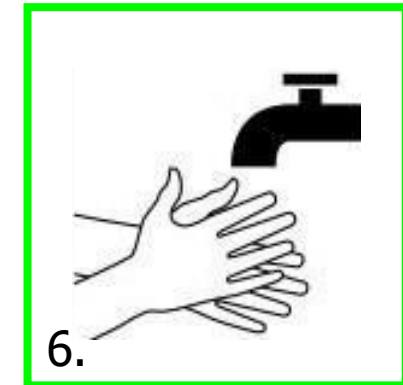
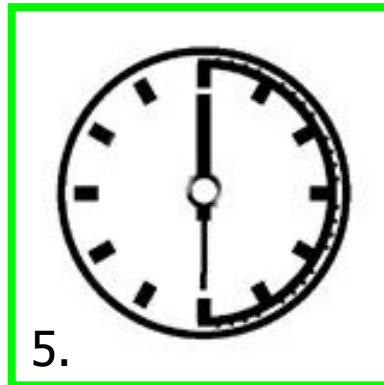
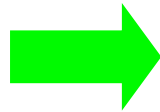
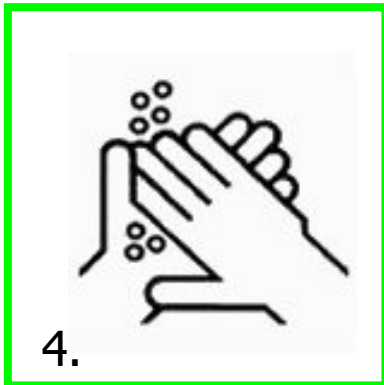
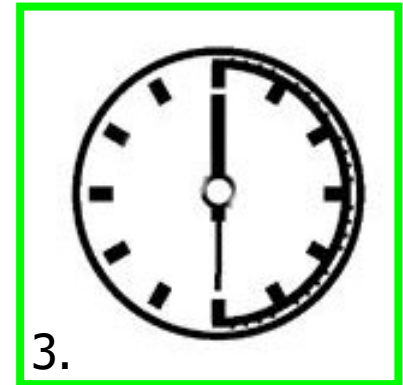
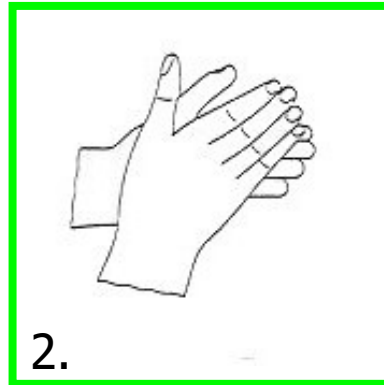
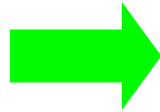
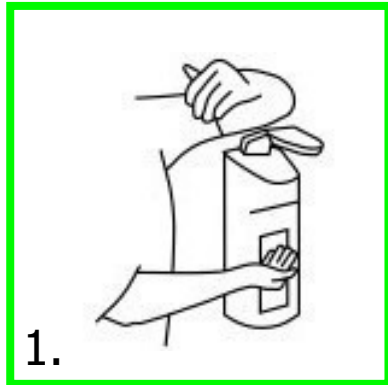


Bacteria & Viruses transmitted by poor personal hygiene

- Staphylococcus aureus
- E'coli – Escherichia coli
- Salmonella
- Giardia lamblia
- Avian flu



How to Wash Hands Properly?



How Should Your Hands Look?



**Wash and
Disinfect
Hands**



**Trim
Fingernails**



**Do Not
Wear
Jewellery**



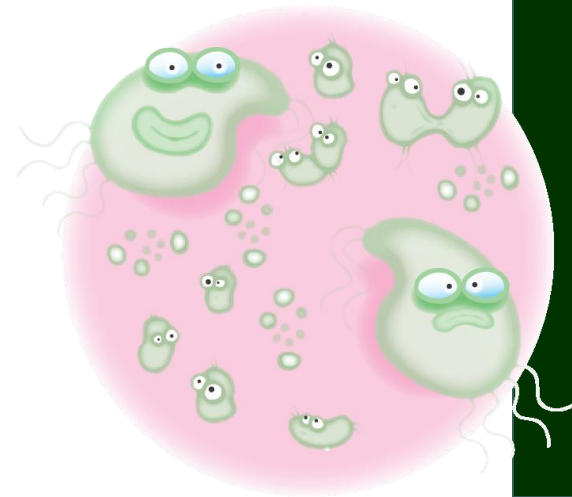
**Dress
Wounds**

Microbiological hazards

Bacteria, moulds or viruses present in raw materials or that grow during storage or processing.

Some bacteria and moulds can produce toxins that are not destroyed or are difficult to destroy by heat.

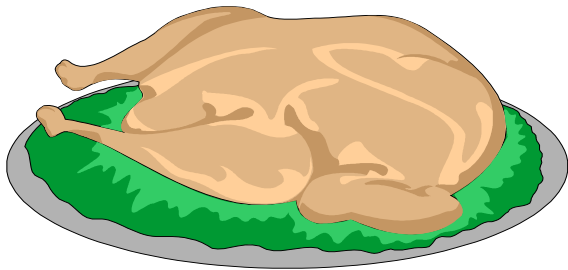
While the bacteria may be killed during cooking, the toxins can still make people sick.



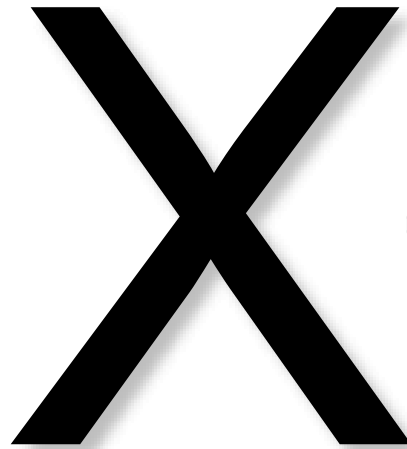
High Risk Food = High Protein Food

- Cooked meat and poultry
- Meat products, e.g. gravy and stock
- Dairy products
- Egg dishes
- Fish and shellfish
- Cooked rice
- Foods which are intended for consumption without further treatment i.e.... cooking

KEEP THEM SEPARATE



Raw



Cooked

Rules for thawing poultry

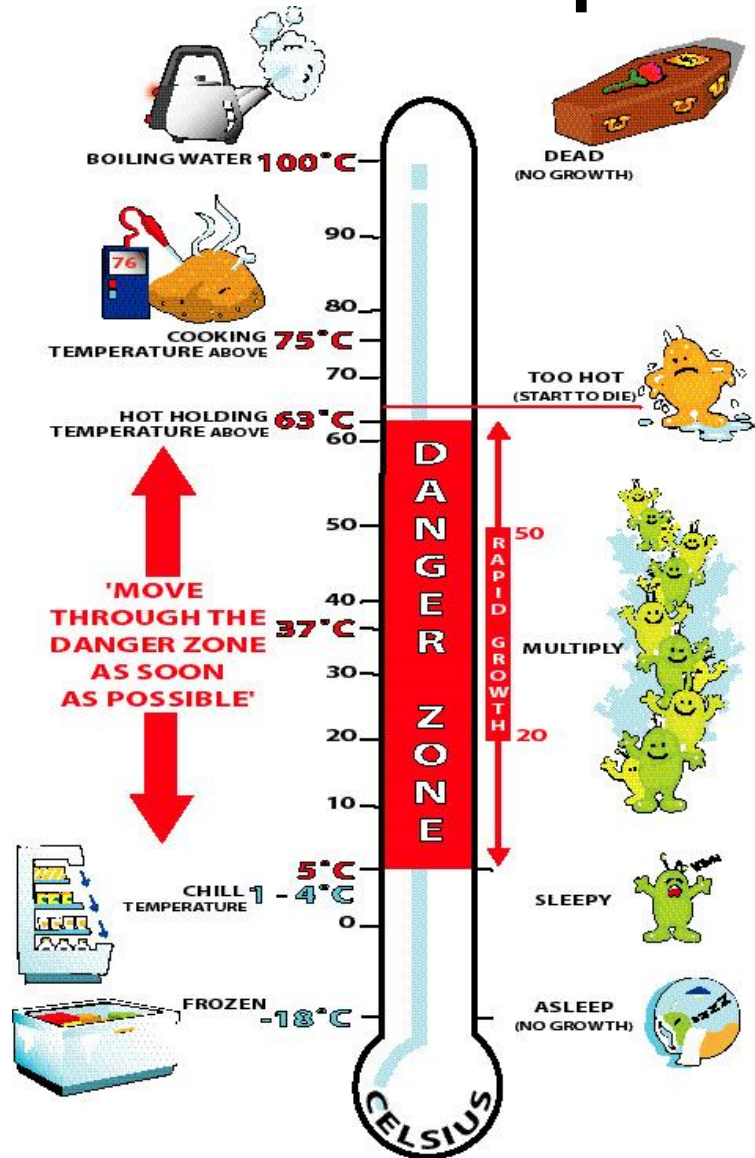
- Completely thaw
- Thaw away from high risk food
- Discard thawed liquid
- Remove giblets
- Once thawed keep refrigerated
- Cook within 24 hours
- Treat all surfaces and equipment used as *CONTAMINATED*

Danger Zone

- Safe above 65 °C
- **Danger Zone** 5 °C - 65 °C
- Safe below 5 °C
- Optimum Temperature 37 °C



The Critical Temperatures

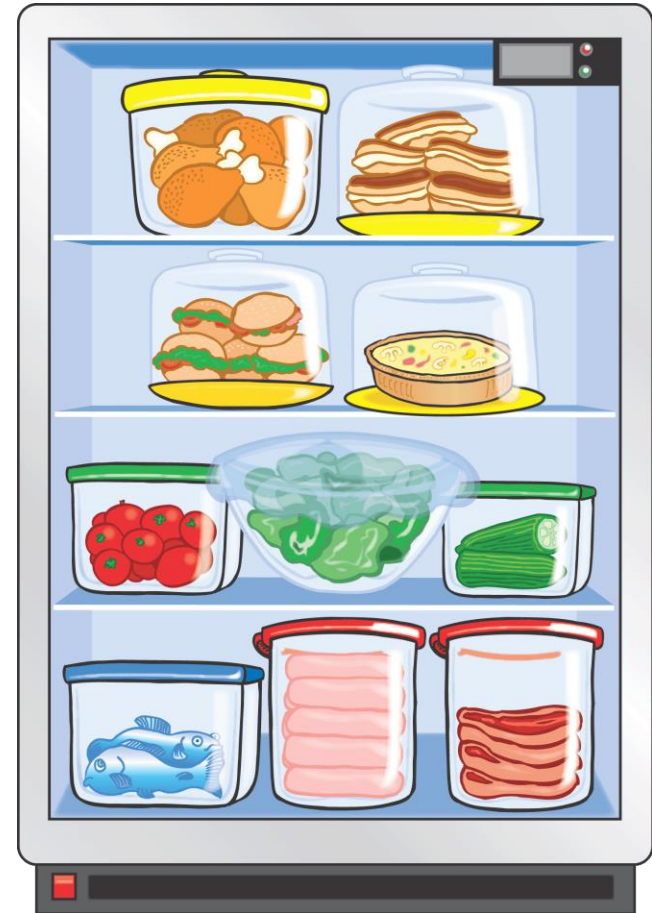


Important points to avoid Bacterial Contamination

- Keep **raw and cooked** foods **separate**
- Keep food **preparation areas and surfaces** **clean** – regularly use sanitiser for all food preparation surfaces
- Keep all **equipment clean** – slicers, can openers, chopping boards, telephones
- Thoroughly **Sanitise** ready to eat salads, fruits and vegetables
- Keep **wash your hands** regularly, **hair** covered; keep **cuts** covered
- Correct use of **chopping boards** Red for raw NOT salad
- Keep food out of the **danger zone** – keep it COLD or keep it HOT

Remember the 5 'C's

- Don't **C**ontaminate
- Keep food **C**hilled
- **C**ool quickly
- **C**ook thoroughly
- Keep **C**lean



HACCP

- The best way of preventing illness is to use a food safety management system, such as HACCP (pronounced HAZZUP)
- HACCP stands for:

Hazard Analysis Critical Control Point

HACCP

Hazard Analysis **Critical Control Points**

- CCP1 - Receiving
- CCP2 - Storing of Chilled and Frozen items
- CCP3 - Sanitization Fruits and Vegetables
- CCP4 - Cooking
- CCP5 - Cooling
- CCP6 - Reheating
- CCP7 - Hot and Cold Holding

Food safety also involves killing any harmful bacteria

The bacteria in food should be killed before we eat it

How can we kill bacteria in food?

By cooking $>75^{\circ}\text{C}$; reheating $>75^{\circ}\text{C}$)

- Or by heat processing such as pasteurizing or sterilizing milk
- Or by canning



Critical Monitoring of Temperatures

- On **Delivery** temperatures and condition of vehicles
- **Storage** temperatures – chillers, freezers and bench fridges – ALL AREAS
- **Cooking** temperatures
- **Chilling** temperatures / **Reheating** temperatures
- **Holding** temperatures – hot and cold
- **RECORDED FOR DUE DILIGENCE**



CP2 - COLD STORAGE TEMPERATURE RECORD SHEET

Hotel / Department :

Week Commencing:

Unit no. / name	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Ops Mgr Check	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	Date	Temp'
1																
2																
3																
4																
Date Coding Check																
Initials																

Chillers 0°c - 4° / Freezers -18°c anything out of these temperatures report to the Head Chef
CORRECTIVE ACTION: ENTER ANY OBSERVATIONS OR ACTION TAKEN OVERLEAF.
DISCARD ALL OUT OF DATE FOOD.

Weekly sign off by Chef:

Date:

CP4 - CP7 HOT FOOD TEMPERATURE MONITORING FORM (Cooking / Reheating)

Hotel / Department:				Week commencing:					
Final cooking or re-heating temperature to exceed +75°C. Cooking and re-heating food above these temperatures is critical to food safety. It is policy to record all cooking temperatures of high risk protein items									
Food item	Process (tick)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cook	Reheat	Temperature Achieved						
Weekly sign off by Chef: <div style="display: flex; justify-content: space-between;"> Job Title: Date: </div>									

Physical hazards

for example bits of metal, plastic, wood, hair, jewellery, insects that can cause harm



Physical contamination

- Clean chefs whites, hair covered, no sceptic wounds, no jewellery
- Glass & Crockery breakages – area checked to ensure no food contamination.
Recorded for due diligence.
- Report any sitings of pests
- Equipment in good condition

Chemical hazards

Such as cleaning chemicals
left after inadequate
rinsing



Cleaning and Chemical safety

- Ensure that only food safe products are used on food preparation surfaces – Ecolab Sanitiser
- Keep chemicals stored away from foods
- Cleaning schedules for all areas including hand contact surfaces – telephones, handles, draws
- Cleaning schedules are to be recorded and monitored
- Ensure dishwasher working properly – correct chemical dosing, rinse temperature $>82^{\circ}\text{C}$
- Equipment cleaned and sanitised after each use

Reasons for Cleaning

- Pleasant and safe environment
- Reduce contamination
- Allow disinfection
- Discourage pests
- Removes possible foreign matter

Types of Cleaning Chemicals

- BACTERICIDE

Destroys Bacteria

- DETERGENT

Removes grease and dirt, assists action of disinfectants

- DISINFECTANT

Reduces micro- organism to a safe level

- SANITIZER

Chemical that both cleans and disinfects

- STERILIZER

Destroys all living organisms

Six Stages of Cleaning

1. Pre-clean
2. Main clean
3. Rinse
4. Disinfection
5. Final rinse
6. Drying

What to Do When You Are Sick?



**No Entrance
for Ill
Persons**



**Regular
Health
Checkups**

Sickness reporting

You are not allowed to work with food or drink if you are currently

- Suffering from diarrhoea
- Vomiting
- Heavy head cold
- Cuts, open wounds which are septic

You must see the company doctor before returning to work

Recap Significant Risks

- Remember the 5 C's
- KEEP RAW & COOKED SEPARATE
- Keep your HANDS CLEAN – no bad habits
- Ensure hot food is kept HOT and check regularly – record it
- DATE CODING - P prepared / E expired
- Record all CORRECTIVE ACTION

KEEP FOOD SAFE

- Happy guests, staff and inspectors!
- Any questions?

