

# HIGH SOCIETY

## HEALTH SAFETY

### INTRODUCTION TO FOOD SAFETY

As a food handler, it is essential that you are aware of the basic principles of good practice when around food and that you have to behave responsibly at all times.

To help us to do this a number of food safety procedures will be in place in the work place which you will be expected to follow.

#### **What is food safety?**

It is ensuring that food is protected from anything that can cause injury, harm or death to the customer.

#### **What is food hygiene?**

It is the action taken to ensure all food is handled, stored, prepared and served in a way to prevent it from becoming unsafe.

#### **Who is a food handler?**

Anyone involved in handling food or whose action or inaction can have an effect on the safety of food during the course of food preparation

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### **What is Food Poisoning?**

Food poisoning is the illness caused by eating contaminated or poisonous food and usually occurs quickly after eating the unsafe food.

Main symptoms are – nausea, vomiting, stomach pain, diarrhoea, dehydration

The victim can have a variation of these symptoms depending on the type of food poisoning.

### **Who is most at risk?**

People most at risk to food poisoning are The Elderly, Babies, Pregnant Women and those with a weak immune system i.e. already ill / in hospital.

These are the people who are most likely to be seriously ill or die as a result of food poisoning.

IT CAN BE PREVENTED if all food safety procedures in the workplace are followed. The main causes of food poisoning are Negligence, Ignorance, poor management or supervision and failure to implement procedures.

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### **Food safety Law**

It is designed to protect the public from food that is unfit to eat and may cause illness or harm to them.

As food safety is so important, everyone who works with food, or whose work could affect the safety of food has a legal and moral responsibility to ensure the food they handle is fit to eat.

### **What legal responsibilities do food handlers have?**

- keep themselves and the workplace clean
- wear adequate, clean and washable protective clothing
- protect food from contamination
- do not do anything that would expose food to the risk of contamination
- store, prepare and display food at safe temperatures
- not work with food if suffering from symptoms of food poisoning
- report certain illnesses and conditions to management
- not sell food that is unfit for human consumption or food that has an expired 'use by' date.

Breaking the law in food safety can result in a fine up to £2000, a prison sentence and a criminal record.

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### **PERSONAL HYGIENE**

Food handlers are potentially the biggest hazard in a food business; therefore, personal hygiene is vital.

Bacteria live in our bodies, and as our body temperature is 37°C, which is ideal for the growth of food poisoning organisms. You must keep yourself clean.

#### **Why is hand hygiene so important?**

Hands get everywhere and are the main method of transferring contamination, which is why they must be regularly washed.

Where possible, food should not be handled with bare hands.

Washing your hands will ensure that all harmful bacteria and substances are removed from hands and that further contamination will not occur.

#### **How should hands be washed?**

Hands must always be washed in a hand wash basin ONLY, using comfortably hot water and liquid soap for about 15-20 seconds. Rinse your hands with clear running water.

Drying your hands should be done in a hygienic manner.

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### **Always wash your hands**

Finger nails should be kept short to prevent bacteria from living underneath them. Nail varnish must not be worn as it can chip and flake off into food.

Wash your hands

- after using the W.C.
- before starting work and when returning to work after a break
- after eating, smoking, blowing your nose or touching your mouth, ears or hair
- after handling waste or refuse
- between handling raw food and high risk foods
- after carrying out any cleaning activity

### **Hair**

The average human head sheds 50 hairs a day and these, along with bacteria from the scalp can contaminate food.

You must tie long hair back!

### **Gloves**

You may be asked to wear gloves when handling food.

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### **Reporting Ill health**

Nobody suffering from Diarrhoea, vomiting, skin infections, heavy colds or discharges from the eyes or ears should handle food.

### **Unhygienic habits**

- always wash your hands regularly
  - always dry hands on correct towels
  - do not pick your nose or wipe your nose on your sleeve
  - do not spit, cough or sneeze over food
  - do not blow/breathe into glassware & cutlery to help polish them
  - never use your fingers to 'taste' something
- Do not lick your fingers to separate paper bags
- Wash your hands after smoking in the designated area.

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### FOOD HAZARDS

#### **What is a food hazard?**

A food hazard is anything that can cause harm to the person who consumes it.

#### **What are the types of food hazard?**

- microbiological (bacteria, yeasts, moulds, viruses)
- physical (foreign bodies- glass, metal, plastic, flies etc.)
- chemicals (cleaning products, pesticides, weed killers)
- allergic reactions – Allergic reactions are not caused by the food being contaminated but can give rise to similar symptoms and easily be mistaken for food poisoning. Allergens are classed as a fourth food hazard.

If a food hazard is present in the food, the food is regarded as contaminated.

Bacteria only need 4 things to survive and grow. FOOD, TIME, WARMTH and MOISTURE

#### **Control methods for high risk foods**

- keep raw and high risk foods separate
- cover food during storage
- keep foods below 5°C or above 63°C
- use tongs or other utensils to ensure foods are handled as little as possible

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### Fighting Bacteria by Degrees

The effect of temperature on bacteria is shown in the table below:

Temp	Conditions	Bacteria	Safety
Above 100° C	Boiling Food / Pressure Cooker	Most bacteria and spores killed in 10 minutes	Safe
73°C to 100° C	Cooking Temperature (76.6°C) Pasteurisation temperature	Most bacteria die. All cooked food is best eaten directly after cooking	Safe
64 °C to 72° C	Keeping food hot	Most bacteria can't multiply	Safe
5°C to 63°C	Room Temp (10 - 36°C) Body Temp (37 °C) Warm Food (38-63°C)	Bacteria able to multiply readily	Danger
1°C to 4°C	Fridges and cold stores	Dormant - unable to multiply	Safe
Below minus 18°C	Freezers below freezing point	Dormant - unable to multiply (some are killed)	Safe





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### **Food Allergies**

Allergies occur when an individual's immune system reacts as if it were under attack. Typical allergens include

- nuts
- shellfish and fish
- milk and dairy
- food colourings
- mustard

Symptoms can be the same as food poisoning but also include rashes, cramps, tingling of lips, swelling of throat and mouth and in extreme cases anaphylactic shock.

If the latter were to ever happen, you must not move the patient and call an ambulance immediately.

### **Preventing allergy related illness**

Generally people with allergies are aware of them but to reduce the risk more

- wash your hands after handling allergens
- separate allergenic ingredients from others
- make sure all allergenic products are suitably packaged
- use separate utensils, equipment and cloths
- thoroughly clean areas where allergenic ingredients have been handled

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### **FOOD STORAGE**

Dry food storage areas should be dry, cool, well ventilated, have shelving away from walls, be well-lit and all food should be stored in airtight containers

When storing foods in fridges, the temperature should be between 1°C - 4°C

Freezers should be operating at a maximum temperature of -18°C

### **KEEPING THE WORKPLACE CLEAN AND HYGIENIC**

Food places must be kept clean and tidy and disinfected regularly.

Cleaning reduces the risk of contamination, attracting pests. It is also a law that all food premises must be kept clean and hygienic at all times.

CLEAN AS YOU GO is a really important phrase to remember. Examples of cleaning as you go include washing a chopping board immediately after use or cleaning up a floor spillage just after it has happened. When cleaning the usual temperature of hot water needs to be 82°C

### **FIRST AID**

First aid kits must be provided by law and must contain coloured waterproof plasters, disposable gloves, sterile wound dressing, sterile eye pads, triangular bandages, safety pins and a guidance on first aid.