

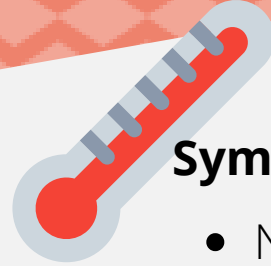
# Food Safety Awareness

Food can be very dangerous if it isn't stored, prepared and cooked properly. This guidance will provide you with the key information you need to consider when working with food.



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## Food Poisoning



### Symptoms

- Nausea
- Stomach Cramps
- Diarrhoea
- Head Pain

### Vulnerable groups:

- People aged 60 or over
- Babies and very young children
- Pregnant women and nursing mothers
- People with a serious or chronic illness or disease
- People with a weakened immune system

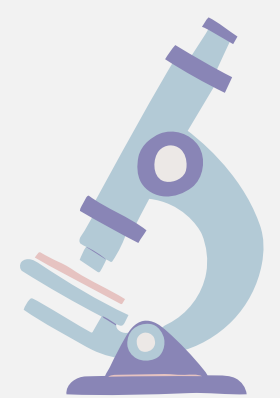
### High Risk Foods

- Poultry
- Vegetables
- Fish & Shellfish
- Rice
- Eggs
- Ready to eat foods *e.g. quiche, scotch egg, pasties*



### Types of food poisoning causing bacteria:

- Salmonella
- E.Coli
- Staphylococcus Aureus
- Campylobacter
- Listeria



## Good Food Safety Practice

### Preventing Cross Contamination

Separate raw and high-risk or other ready-to-eat foods at all times.

Use separate (ideally colour-coded) knives/chopping boards for raw and ready-to-eat foods.

Use single-use disposable cloths, paper towels or colour-coded cloths and equipment for cleaning.

Clean and disinfect food-contact surfaces and equipment between tasks.

Cover all food in storage/not being prepared.

Package/wrap food carefully (and check packaging for damage).

Manage waste storage and disposal effectively.

Always keep the lid on a bin

Handle open food as little as possible.



### Cuts, Sores and Skin Conditions

If you have uninfected cuts and sores, you can continue to work with food, provided the wound is completely covered with a clean, appropriate plaster that is waterproof and brightly coloured (usually blue).



### Important Temperatures for Food Safety

You can deter bacteria from growing in food by storing it in the right place and at the right temperature. To ensure food stays safe, you should keep:

- Cold food at 5°C or below
- Hot food at 63 °C or above
- Frozen food at -18°C or below.



### Personal hygiene

Everyone who works with food must maintain the highest possible standards of personal hygiene, regular hand washing is very important. When working with food, you must never:

- pick your nose or ears
- scratch any part of your body
- bite your nails or suck your fingers
- cough or sneeze over food
- chew gum, eat, drink or smoke in food areas
- breathe on glass, metal or packaging to polish them/clear off dirt
- lick your fingers to help separate food packaging or blow into bags to open them
- use your fingers to taste food
- use the same spoon to taste food more than once.



## Your Responsibilities

- Protect food from contamination
- Keep the workplace clean and hygienic
- Monitor temperatures of food and of storage areas
- Report food safety hazards to a supervisor or manager
- Keep yourself clean and follow good personal hygiene practices
- Tell your supervisor/manager immediately if you believe you are suffering from, or are a carrier of food borne illness or have any infected wounds, skin infections or sores likely to contaminate food



## Key Terms

**FIFO (First in First Out)** - A system for storing and rotating food. In FIFO, the food that has been in storage longest ("first in") should be the next food used ("first out").

**Food Allergy** - Some people experience allergic reactions to certain foods. Therefore a food that is perfectly safe for one person to eat may be extremely hazardous for another.

**Clean as you go** - Clearing, cleaning and/or disinfecting work areas between tasks, as and when necessary.

**Hazard** - Anything with potential to cause harm to the consumer, whether through injury or ill health.

