



Personal Hygiene

Good personal hygiene is key to the prevention of food poisoning. Good personal hygiene includes:-

1. Following hygienic hand practices (tasting by dipping finger in the food, coughing over food)
2. Maintaining personal cleanliness (washing hands, bath, short fingernails)
3. Wearing clean and appropriate uniforms and following dress code (head cap, apron, footwear, gloves etc)
4. Avoiding certain habits & actions (smoking, not wearing head cover, do not wear false nails or nail polish etc)
5. Maintaining good health (when feeling ill seek treatment, if wounded use waterproof plaster)



Hand & Skin Hygiene

Food handlers must wash their hands after:-

- Visiting the toilet
- Entering the food room, break and before handling any food
- Changing attire
- Dealing with an ill customer
- Handling raw food including eggs and before handling ready to eat food
- Cleaning up animal faces
- Coming or touching hair, face, nose or ears
- Handling waste food
- Cleaning or handling dirty cloths, crockery, etc
- Handling external packing, flowers or money

Hands must be wash regularly and it is important to follow the 7 steps to proper washing hand. It is suggested that hands should be wash for 20 seconds under running water:-

- Wash hand with enough soap
- Scrub the palms
- Scrub each finger and between fingers
- Use fingernails to scrub palms
- Scrub the back of hands
- Rinse hand completely under running water
- Dry hand with clean tower or tissues

Handwash Station



STANDARD REQUIREMENT



Handwashing station must be equipped with The following:-

- Hot and cold running water
- Liquid, bar or powdered soap
- A means to dry hand
- A waste Container
- Signage indicating employees must wash hands

Preventing Bare Hand Contact – ready-to-eat foods

- Washed produce that is eaten raw (ie. Sliced fruits, salads & garnishes)
- Bakery or bread items
- Food that have already been cooked (ie. Pizza, hamburgers, hot dogs etc)
- Non-cook food (ie. Sandwiches, sushi, deli salads)

Even food handlers wash their hands well, they are not allowed to touch ready-to-eat foods with their bare hands. This is to keep pathogens that might remain on the hands from getting onto ready-to-eat food. Ready-to-eat foods are foods that are served without additional washing or cooking to remove pathogen. Food handlers must use utensils such as tongs, scoops or single-use glove to keep from touching ready-to-eat food

Gloves

Help to keep food safe by creating a barrier between hand and food



Hands must be washed before putting gloves on and when changing to a new pair. Gloves are for single use only and should fit properly. Never wash and reuse gloves and throw glove immediately after use.

Gloves should change as soon as they become soiled or torn, before beginning of each task, at least 4 hours during continual use and after handling raw meat and before handling ready-to-eat food.

Personal Attire



Food handlers must remove the following while on duty:-

- Rings
- Bracelets
- Watches
- Earrings
- Necklaces

General Food Storage Principle

- **FIFO Concept**
- **8 inches off the floor**
- **6 inches away from wall**



Rotate products so the oldest inventory is used first, following the FIFO concept.

- Identified the use-by (expiration, or preparation date of product)
- Shelve products with earliest dates in front of those at a later date
- Use product that is store in front 1st
- Store deliveries as soon as they have been inspected

Dry storage areas are used to hold dry and canned food at 10 degree Celsius to 21 degree Celsius and food must be stored at least 8 inches off the floor, 6 inches away from walls, out of direct sunlight and in a clean area

Cleaning VS Sanitizing

CLEANING	Process of removing food and other dirt from surface using detergent and water
SANITIZING	Process of reducing pathogens on a surface to safe levels using chemicals or heat

Food-contact surfaces must be washed, rinsed and sanitized:-

- After each use
- Anytime you begin working with different type of food
- Anytime you are interrupted during a task and the tools or items you have been working with may have been contaminated
- At 4-hours intervals, if the items are in constant use

What is HACCP?



HACCP is a food safety system that prevents disasters such as foodborne illness from occurring. A food born illness occurs when food makes you sick. An outbreak occurs when two or more people eat the same food and get the same illness. HACCP goal is to stop, control and prevent food safety problems. It is a safety system to enable you to serve safe food.



The 7 HACCP Principles

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1. Conduct a hazard analysis
2. Determine critical control points (CCPs)
3. Establish critical limits
4. Establish monitoring procedures
5. Identify corrective actions
6. Verify that the system works
7. Establish procedures for record keeping and documentation

Principle 1&2 = Help identify and evaluate hazards

Principle 3,4&5 = Help establish how these hazards will be controlled

Principles 6&7 = Help maintain the HACCP plan and system and verify their effectiveness

CDC lists of factors that contributes to food born illness?

The CDC lists of five most common risk factors that create foodborne illness:-

- Practicing poor personal hygiene
- Improper cooking method
- Holding foods at wrong temperature
- Using equipment that hasn't been properly cleaned and sanitized
- Buying food from unsafe suppliers