

Resources

For more information on food and food handling safety you can obtain it at:

www.befoodsafe.ca

www.befoodsafe.gov

www.fightbac.org

www.foodsafetysite.com



Kahnawake Labor Office
Department of Occupational Safety and Health

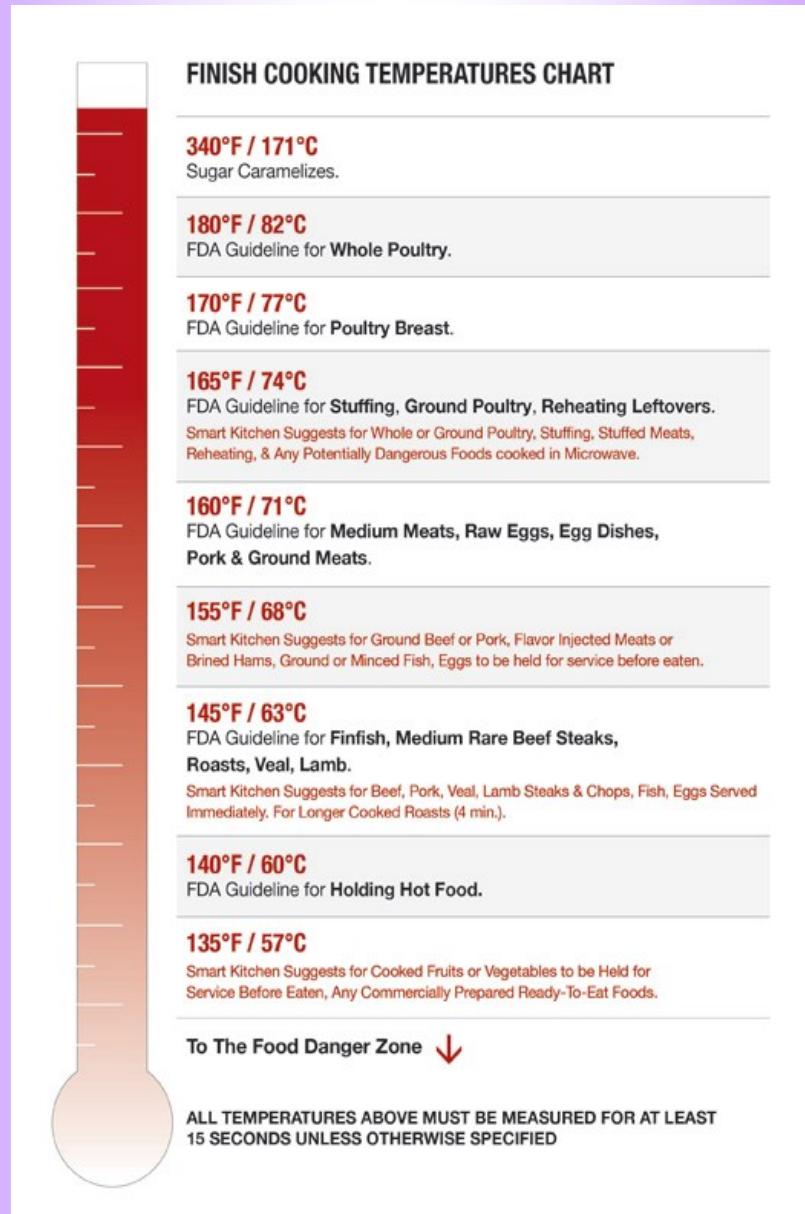
Food Handling Safety



**When in Doubt
Toss it Out**

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Safe Cooking Temperature Chart



Reporting Foodborne Illness to your Local Health Department

Diseases, such as AIDS (Acquired Immune Deficiency Syndrome), hepatitis B and C, and tuberculosis, are not spread through food. However, other diseases can be spread through food. If a worker is diagnosed with one of the following foodborne illnesses, the manager must report it to the local health department:

- ◆ Hepatitis A virus
- ◆ *Shigella* spp.
- ◆ *Salmonella Typhi*
- ◆ *E. coli* 0157:H7

Other Policies

Smoking or eating by workers in food preparation areas is prohibited because hands, food, and food-contact surfaces might become contaminated. Poor hygiene practices, such as scratching the head, placing the fingers in or about the mouth or nose, and indiscriminate and uncovered sneezing or coughing could cause food contamination. Food preparation areas such as hot grills are often very warm. The excessive heat in these areas may present a medical risk to the workers as a result of dehydration. Therefore, in these areas food workers can drink beverages from a covered container with a straw.

Management's Role in Implementing Good Personal Hygiene Policies

- ◆ Incorporate good personal hygiene policies into your food safety plan.
- ◆ Train food handlers on personal hygiene policies.
- ◆ Model good hygiene practices for workers at all times.
- ◆ Supervise workers' practices continuously.
- ◆ Revise policies when laws and regulations change.



Bare-hand Contact

Minimize bare-hand contact of ready-to-eat food. Ready-to-eat food (RTE) includes cooked food, raw fruits and vegetables, baked goods, dried sausages, canned food, snack foods, and beverages. It is best to handle these foods with hands that are properly covered with single use gloves, cleaned and sanitized utensils, and/or deli papers.

Excluding or Restricting Workers

Excluding is when a worker is not allowed in the establishment except for those areas open to the general public. A restricted worker may work in an area of the restaurant where there is wrapped food, wrapped single-service or single-use articles, or soiled food equipment or utensils.

Examples of activities that a restricted person might do include: working at the cash register:

- ◆ seating patrons;
- ◆ bussing tables;
- ◆ stocking canned or other packaged foods;
- ◆ working in a non-food cleaning; or
- ◆ maintenance capacity.

A worker who is restricted from working in one restaurant may not work in an unrestricted capacity in another restaurant. A worker with an unprotected, uninfected cut, or a food worker with a covered, protected infected cut/lesion/boil because it requires no bare hand contact with ready-to-eat food does not need to be restricted from handling food.



Be Food Safe

According to recent studies over 60 million cases of foodborne illnesses occur in North America each year some which result in death. Infants and young children, older adults and people with weakened immune systems are at greatest risk for foodborne illness. There are more than 250 foodborne diseases, some of which are salmonellosis, hepatitis A, botulism, gastroenteritis and illnesses caused by E. coli. Using safe food handling practices both at home or in your place of business will eliminate the risk of you or others getting sick or even death.

Four Easy Lessons (in Safe Food Handling)

Following these four easy steps in food safe food handling will help you to be Food Safe.

1. Clean.

Frequent cleaning can prevent bacteria from spreading throughout your kitchen and getting on cutting boards, knives, countertops and your hands.

- ◆ Wash your hands using warm water and soap for 20 seconds before and after handling food .
- ◆ Wash cutting boards, utensils, dishes and countertops with hot soapy water after each use and before preparing the next food.
- ◆ Rinse fruits and vegetables under cool water .



2. Separate.

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food or foods that won't be cooked.

- ◆ Use one cutting board for raw meat, poultry and seafood and another for fresh produce , salads and ready to eat foods or have separate prep stations.
- ◆ Never place cooked food on an unwashed plate or tray which previously held raw meat, poultry, seafood or eggs.





- ◆ Store raw meats on a tray or in a container on lower portion of the refrigerator to prevent drippings from contaminating other foods.

3. Cook

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

- ◆ Use a food thermometer to measure the internal temperature of cooked foods, you can't tell food is cooked safely by how it looks.
- ◆ Refer to Safe Cooking Temperature Charts for internal temperatures.
- ◆ When using a microwave Stir, Rotate and Cover food to prevent cold spots where bacteria can survive.



4. Chill

At temperatures between 40°F (4°C) and 140°F (60°C), bacteria spreads or multiplies at its fastest. Chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

Keep fridge at 40°F (4°C) or below freezer at -18°C (0°F) and use an appliance thermometer to check the temperature.

- ◆ Chill leftovers and takeout foods within 2 hours.
- ◆ Thaw meat, poultry and seafood in the fridge, not on the counter. Food should never be thawed at room temperature, three safe ways to defrost food are: in the refrigerator, in cold water and in a microwave.



Clothing

Dirty clothing could also be a source of microorganisms. Food workers who inadvertently touch their dirty clothing may contaminate their hands. This could result in contamination of the food being prepared. Food may also be contaminated through direct contact with dirty clothing. In addition, workers wearing dirty clothes send a negative message to customers about the level of sanitation in the restaurant.

Jewelry

Jewelry, such as rings, bracelets, and watches, might get dirty. As a result, the jewelry may be a source of harmful microorganisms. Medical information bracelets also cannot be worn. They can only be worn if they are high on the arm or secured in a manner that does not pose a risk to the food but still provides emergency medical information if it is needed. An additional hazard associated with jewelry is the possibility that pieces of the item or the whole item itself may fall into the food being prepared. Hard foreign objects in food may cause medical problems for consumers, such as chipped and/or broken teeth, internal cuts, or lesions.

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Temperatures you Should Know

Instant Hand Sanitizers

Instant hand sanitizers should only be used on properly washed hands. Therefore, food workers must always wash their hands before the hand sanitizer is applied. Hand sanitizers can never replace hand-washing. Furthermore, only hand sanitizers approved by the Food and Drug Administration (FDA) can be used in a restaurant.

Fingernails

Fingernails (real or artificial) and nail polish can become a physical hazard. Therefore, workers must keep their nails trimmed and filed. Long nails can easily break and end up in food. Also if nails are long, dirt and microorganisms can collect beneath them. If workers want to wear fingernail polish or artificial fingernails, they must wear single-use gloves.

Cover cuts, wounds, and sores

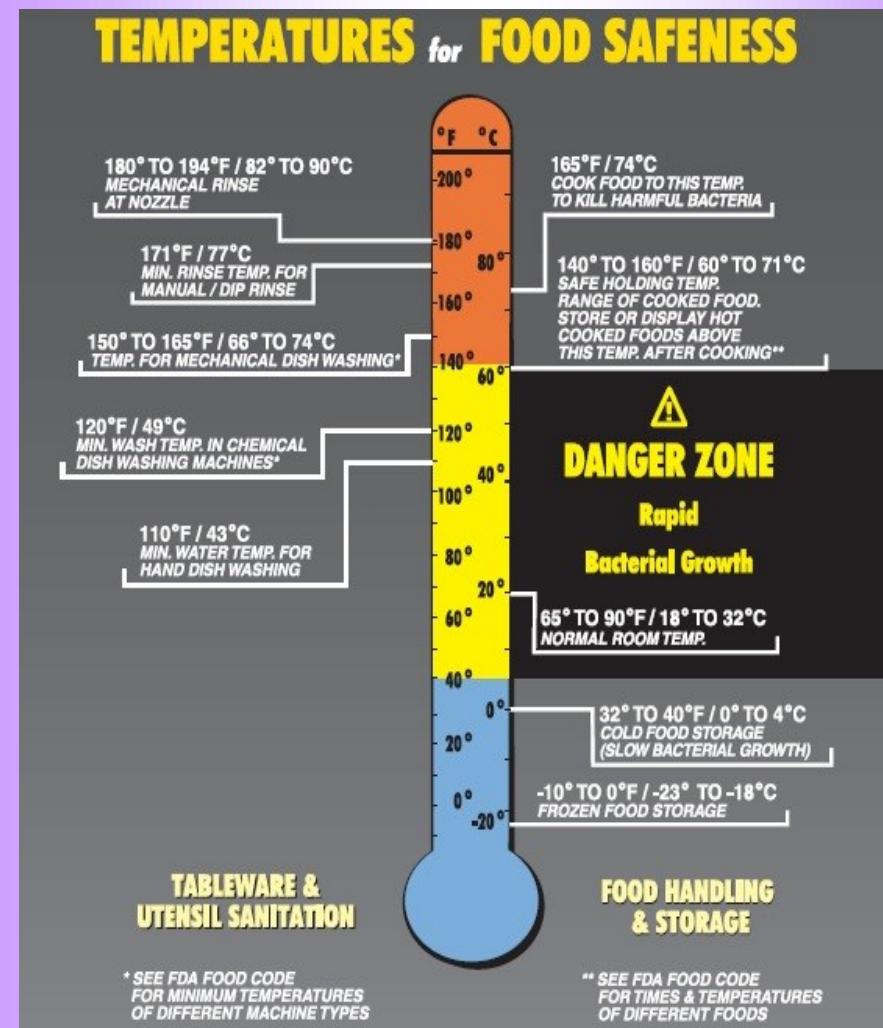
Lesions containing pus that might be on a worker's hands or forearms, can introduce bacteria into food. If a worker has an infected cut and bandages it, plus puts on a glove, they do not have to report the infected cut to the manager. However, if the worker does not bandage it, they must let their manager know about the infected cut.

Single-use Gloves

Hands must be properly washed before a worker puts on single-use gloves. Gloves must be thrown out when they become dirty. Provide workers with non-latex gloves because latex gloves might cause allergic reactions in some workers. Always change gloves when they tear; before beginning a new task; every four hours when doing the same task; and after handling raw meat, fish, or poultry.

Hair Restraint

Consumers are particularly sensitive to food contaminated by hair. Food workers might contaminate their hands when they touch their hair. A hair restraint keeps hair from ending up in the food and it also may deter employees from touching their hair.



The Safe Food Handler

Only foodservice workers who are healthy and practice good personal hygiene should be allowed to work in your restaurant or kitchen. Workers can contaminate food by: working while they are sick, touching blemishes or sores, touching their hair, not wearing a band-aid and single use gloves over sores and wounds and not washing their hands properly before, during and after handling food.

- ◆ One of the best ways that a foodservice manager can keep food safe is to implement food safety policies that promote good personal hygiene. The policies should address:
- ◆ personal cleanliness – workers properly bathed;
- ◆ proper work attire – workers wearing clean hat or hair restraint, clean clothing, appropriate shoes, and removing jewelry; and
- ◆ good hygiene practices – workers frequently and properly washing their hands, having short fingernails, and properly using gloves.

Hand-washing Basics

Hands are probably the most common way that harmful micro-organisms get into foods in a restaurant. Hands can become soiled with a variety of contaminants while a worker is performing routine tasks.

All restaurants must have an accessible hand-washing sink that is well stocked with hand soap and a way to dry hands. The soap can be either liquid or bar soap; it does not have to be antibacterial. Instant hand sanitizer can be available but it is not required.

It is important that hand-washing be done only at a properly maintained hand-washing sink. Warm water is more effective than cold water in removing dirt and microorganisms from hands. An adequate flow of warm water will cause soap to lather and help remove soil quickly from the hands. The water should be at least 100oF (40°C).

Some workers will not wash their hands unless properly equipped hand-washing sinks are accessible to their work area. Sinks that are improperly located, blocked by portable equipment, or stacked full of soiled utensils and other items, are difficult to use. Nothing must block the approach to a hand-washing sink.

Hands must never be washed in a food preparation sink because this may contaminate the sink and the food prepared in it. Service sinks also cannot be used for hand-washing because this practice may introduce additional hand contaminants, such as mop water, toxic chemicals, and a variety of other liquid wastes.

Proper Hand-washing

Workers must wash their hands after any task that might contaminate their hands. Always wash hands:

- *after using the bathroom*
- *after coughing, sneezing, smoking, eating, or drinking*
- *after bussing a table*
- *before putting on gloves*
- *after handling animals*
- *when switching between raw and ready-to-eat food*
- *after handling garbage or trash*
- *after handling dirty equipment or utensils;*
- *during food preparation.*