

Worksite: _____ Instructor: _____ Date/Time: _____

Topic R028: Food Hazards

Introduction: Because of the effects of food illness on health and business, using proper food safety practices can be considered the most important ingredient in any recipe.

Bacteria, viruses and parasites that grow in the food cause most food borne infections, but food poisoning also occurs. Keep in mind that everyone that handles food can spread food-borne illnesses and symptoms may be noticed from mere hours to several weeks after eating the food. Symptoms include: diarrhea, vomiting, fever, headache and stomach aches.

Biological Hazards:

Parasites in food are usually tiny worms that live in fish, pork, meat or even water. They can be killed by freezing or cooking.

Cook or freeze all meat to at least the following temperature:

- Whole cuts of meat 145°F (63°C); Ground meat 160°F (71°C); Wild game 160°F (71°C); Poultry 165°F (74°C); Fish 140°F (60°C)
- Freeze pork less than 6" thick at 5°F (-15°C) for 20 days
- Freeze raw fish at -10°F (-23°C) for seven days

Wash your hands twice after using the restroom: once in the restroom, and then again in the kitchen.

Viruses are not destroyed by freezing. Viral infections are usually spread through unclean or improperly washed hands.

When working with food, we must be careful about personal hygiene.

- Do not work with food when you have diarrhea, vomiting, or fever.
- Wash your hands twice after using the restroom – once in the restroom, and then again in the kitchen.
- Use gloves or utensils instead of bare hands when handling ready-to-eat food.

Bacteria can grow in food when workers are not careful about time, temperature, and cleanliness. Bacteria spoil food, and causes food-borne illness. They come from soil, animals, raw meat, and people. To keep your food safe from bacteria:

- Keep potentially hazardous foods out of the Danger Zone 41°F-140°F (5°C - 60°C).
- Wash your hands twice after using the toilet – once in the restroom, and then again in the kitchen.
- Use gloves or utensils instead of bare hands when handling ready-to-eat food.
- Wash, rinse, and sanitize all equipment used for food preparation.

Physical Hazards: Physical hazards are foreign objects (e.g. broken glass, jewelry, adhesive bandages, staples, fingernails, etc.) that make their way into the food and which may cause injury if eaten. To prevent this: wash fruits and vegetables carefully and look closely at the food you prepare. Keep the food preparation area free of anything that can fall into the food.

Chemical Hazards: If workers are not careful, poisonous substances such as cleaning agents, pesticides, and certain metals, may be added accidentally, while handling food. To keep your food safe from chemicals, you must:

- Protect the food before cleaning the kitchen.
- Store chemicals (soap, cleaners, sanitizers, pesticides) away from utensils, food storage and preparation areas.
- Only keep chemicals approved for use near food.
- Store a chemical (only if it really needs to be stored in the kitchen area) below food or food-contact surfaces so that it does not drip onto food.
- Clearly label with easy-to-follow directions on all chemical containers.
- Only use containers approved for food storage - unapproved containers include: garbage bags, galvanized cans, and containers once used for chemicals.

Conclusion: Observing food safety practices in your workplace is for customer and your safety. Observe cleanliness at all times and quickly identify food hazards.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.