

Singleton Training



Basic Food Hygiene Handbook



Contact the Office on 01522 300161
www.singleton-associates.org



Like us on
Facebook



FOLLOW US ON

twitter

Symptoms of Food Poisoning

- Nausea
- Vomiting
- Diarrhoea
- Stomach Pain
- Dehydration

Other occasional symptoms may include fever and sweating, headache and dizziness.

Symptoms of food poisoning may occur immediately, i.e. within 1-2 hours or in some cases may take up to 72 hours before the initial symptoms are noticed.

The dehydration caused by the constant vomiting and diarrhoea and not being able to keep fluids down can lead to complications such as septicaemia, meningitis and kidney failure.

Chemical Contamination

Incorrect use of chemicals or poor storage in incorrect containers can lead to chemical contamination.



Physical Contamination

Bits in the food due to poor maintenance, poor personal hygiene or poor pest control.



Allergen Contamination

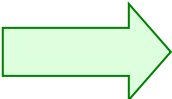



There are 14 recognised allergens that must be included in food labelling:

- Gluten
- Eggs
- Fish
- Milk
- Nuts
- Sulphur Dioxide
- Lupin
- Crustaceans
- Molluscs
- Celery
- Mustard
- Sesame seeds
- Peanuts
- Soybeans

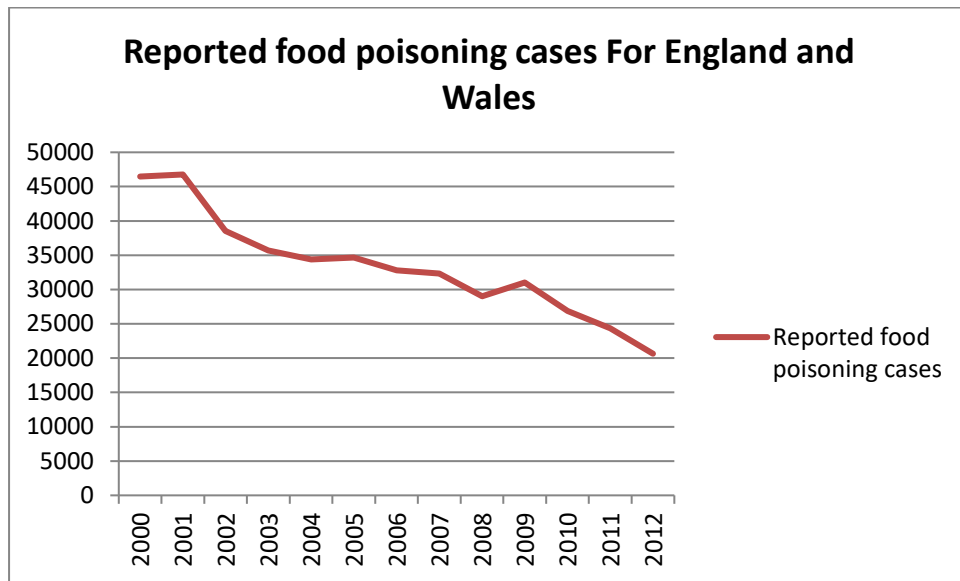
Difference between viruses and bacteria

<u>Virus</u>	<u>Bacteria</u>
Airborne	Caught by contact and ingestion
Not alive	Living animal
DNA in protein case	Single cell with nucleus
No medical cure	

Groups that are at risk of a serious outcome:

Babies		Immunity hasn't yet developed.
The Elderly		Immunity is in decline.
The Sick		The body can't fight two things at once effectively, and lack of appetite can cause further problems
Pregnant Mothers		The Baby takes all of the nutrition, leaving the mother at risk. The baby doesn't get food poisoning but will suffer effects.

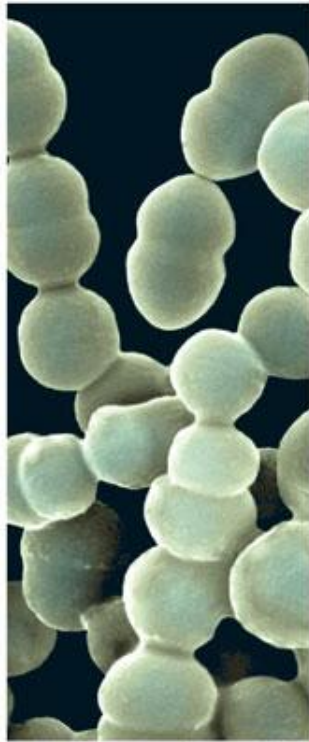
Trend in food related illness in the UK



The incidence of food related illness has decreased steadily from 2000 to 2012; this is due to the following factors.

- Public awareness of food related illness
- Public awareness of food safety
- Increase in EHO visits
- Better hygiene training
- Improved cooking technology

- Basic shapes of bacteria



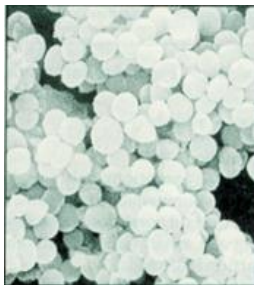
Spherical (cocci)



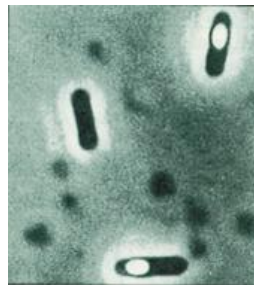
Rod-shaped (bacilli)



Spiral



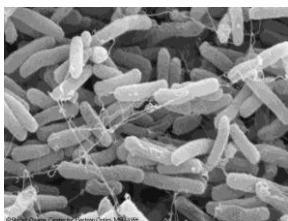
Staphylococcus
Aureus



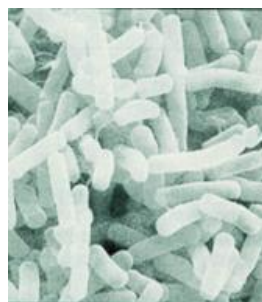
Clostridium
Botulinum



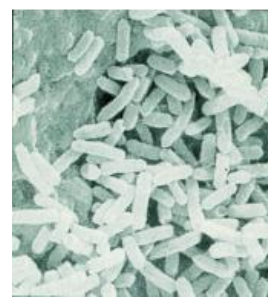
Campylobacter
Jejuni



E.Coli

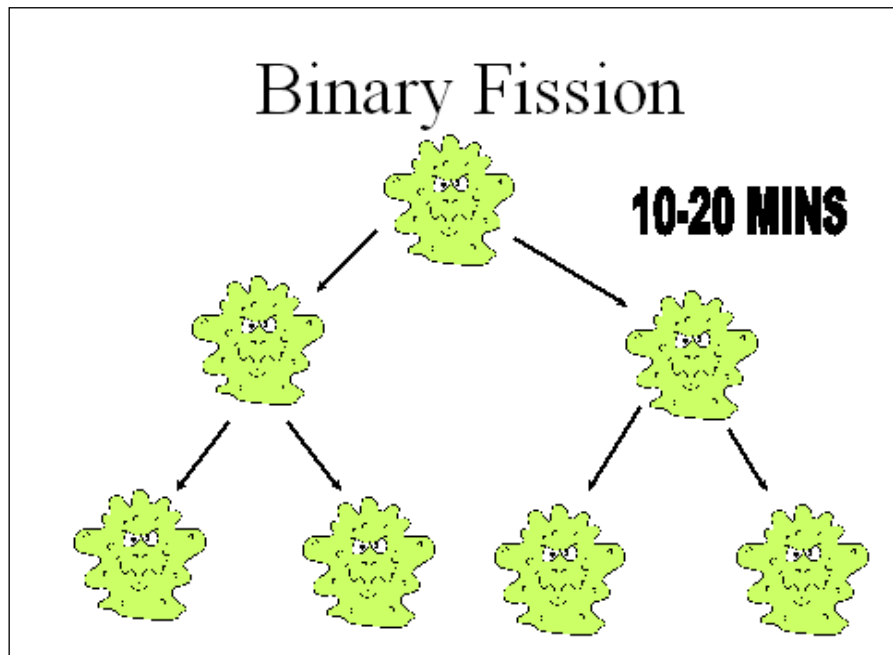


Bacillus Cereus



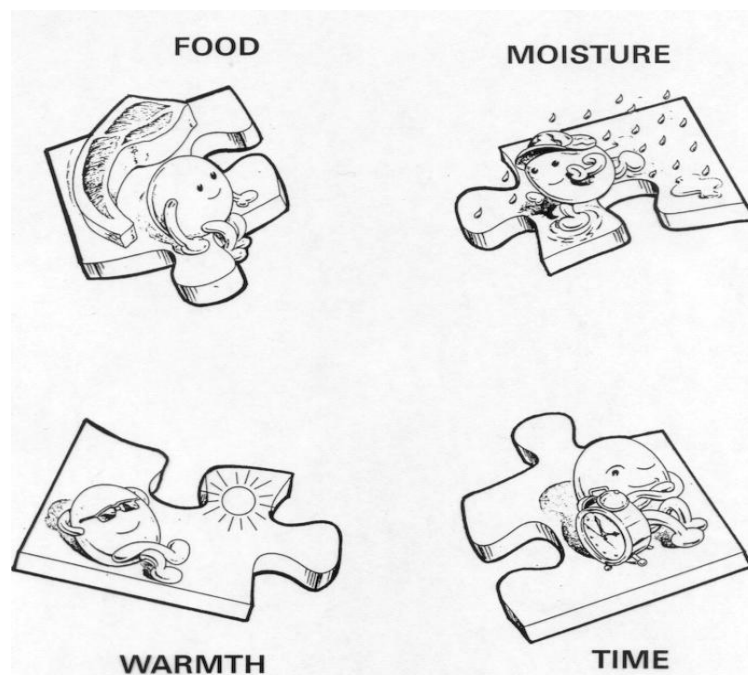
Salmonella

Bacterial Growth

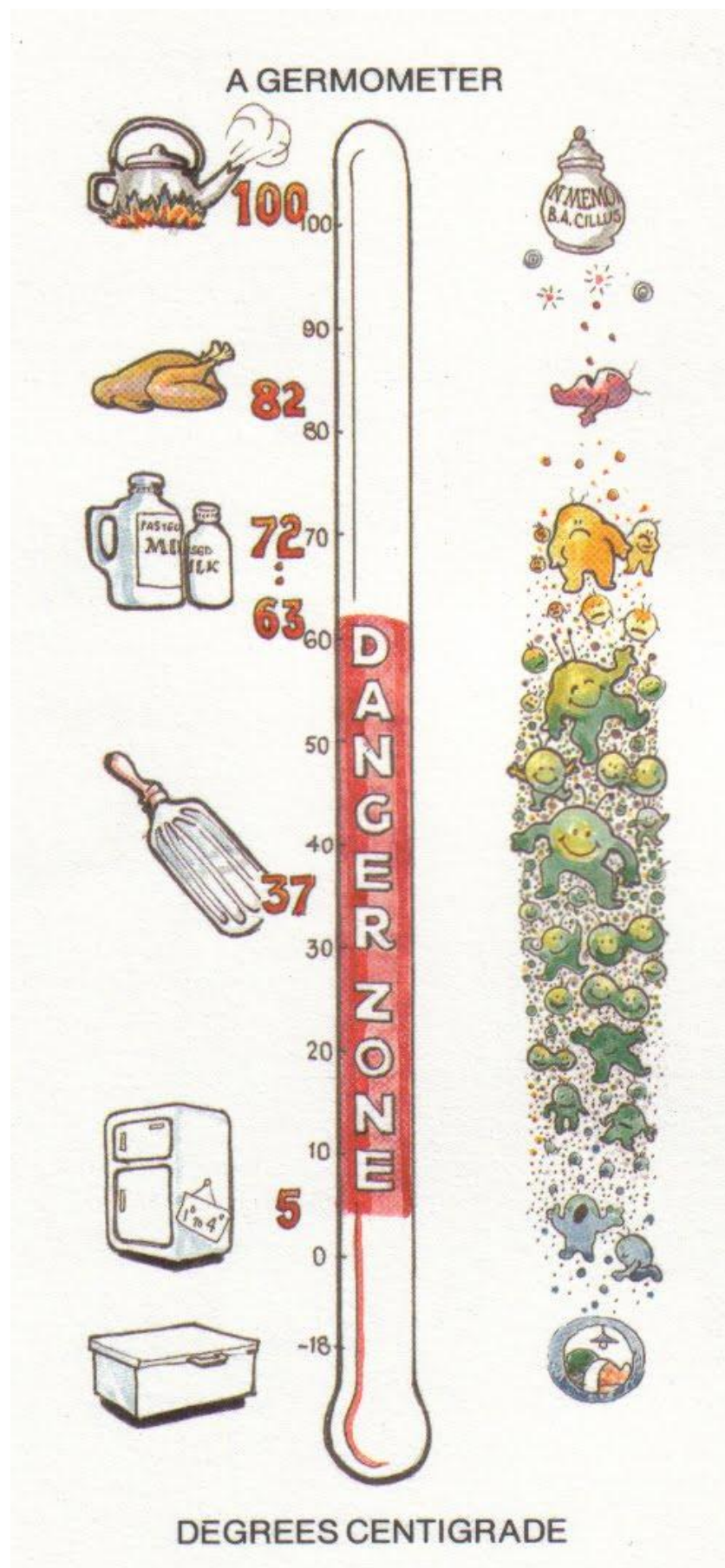


1 HOUR	=	64
2 HOURS	=	4096
3 HOURS	=	262,144
4 HOURS	=	16,777,216

Requirements for growth



Growth Temperatures



Cross contamination

Colour coding is an effective way to prevent cross contamination as long as all members of staff are familiar with the colour coding system. The following system is meant as a guide and is not applicable in all circumstances.

Red	-	Raw Meat
Blue	-	Fish
Green	-	Salad
Brown	-	Vegetables
White	-	Bakery
Yellow	-	Dairy Products

Temperature control

All storage temperatures should be checked at least once a day depending on circumstances.

The following temperature ranges are recommended to prevent cross contamination and bacterial growth.

Fridge	-	1°C to 4°C
Freezer	-	-18°C to -23°C
Heated Storage	-	Greater than 63°C

Thawing

Thawing is best done in a fridge, cold water or microwave; these methods prevent pathogenic bacteria from multiplying whilst the food is defrosting.

Remember to:

- Plan well ahead
- Place in covered container
- Avoid cross-contamination
- Following thawing, cook immediately
- Once thawed never RE-FREEZE

Cooking

Cooking should achieve internal temperatures of at least 70C for a minimum of 2 minutes to ensure that all pathogenic bacteria have been destroyed.

Stock rotation

FIFO – First in, first out

‘Use By’ - Illegal to have food beyond its use by date

‘Best before / sell by’ - Quality mark, OK to sell but consumer must be made aware that it is sub-standard

Cleaning & Disinfection

Detergents

Detergents act by attaching to grease and breaking it down into small molecules, though they do not kill bacteria.

Disinfectants

Disinfectants reduce bacteria to a safe level; they are often chlorine based and are usually harmful to health. To avoid confusion with sterilisers they are often perfumed. They have no effect on grease.

Sterilisers

These chemicals reduce bacteria to a safe level and are safe to use around food areas. Like disinfectants they have no effect on grease.

Sanitisers

These are combination chemicals: a detergent plus either a steriliser or disinfectant. They break down grease and reduce bacteria to a safe level at the same time.

Hot water

Immersion in water above 63°C for prolonged periods of time kills ALL food poisoning bacteria. The water temperature also helps to soften grease so that detergents can work more effectively.

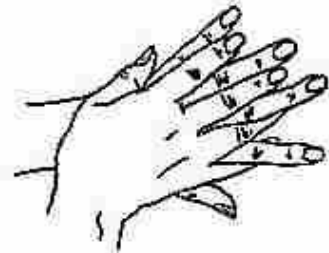
Figure 1: Effective hand washing technique

Wet hands, apply soap and use the following procedure:

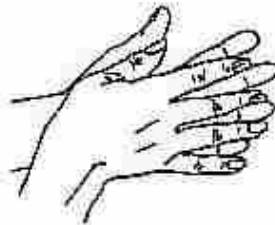
1. Rub palm to palm



2. Rub backs of both hands



3. Rub palm to palm with fingers interlaced



4. Rub backs of fingers (interlocked)



5. Rub all parts of both hands



6. Rub both palms with finger tips



7. Rinse hands under running water and dry thoroughly on a clean towel.

Legislation

Food Safety and Hygiene (England) Regulations 2013

The new Regulation consolidates 2 previous pieces of food hygiene Regulation. The Regulation covers the entire food chain from farm to fork. The intention of the Regulation is to protect the consumer from bad food or food that is misleadingly described and to eliminate unhygienic practices.

The Regulation allows for a defence of '*due diligence*'; if a person can prove they have done everything reasonable to prevent food poisoning yet it still happened, they will not be prosecuted.

The Regulation lays down the standards for food premises, equipment, personal hygiene and other measures to ensure that food is fit for consumption.

They apply nearly everywhere but do not apply at home for food cooked for private consumption.

Two requirements of the Regulation are the provision of food hygiene training and a system of HACCP with a trained person to administer it.

Legislation

Food Safety and Hygiene (England) Regulations 2013

HACCP

- You are required to put in place procedures which manage food safety within your establishment. Article 5 (1) of Regulation 852/2004 requires that the procedures be based upon the HACCP (Hazard Analysis and Critical Control Point) principles set out in Article 5(2).
- Article 5(2) - Requirement that when any modification is made in the product, process, or any step, food business operators review the procedure referred to in Article 5(1) and make the necessary changes to it.
- Article 5(4)a - Requirement that food business operators provide the competent authority with evidence of their compliance with Article 5(1).
- Article 5(4)c - Requirement that food business operators retain documents and records for an appropriate period.

NOTES

Other courses we offer include:

Intermediate Food Hygiene

Advanced Food Hygiene

First Aid at Work

Emergency First Aid at Work

First Aid for Mental Health

Basic Health & Safety

Intermediate Health & Safety

Manual Handling

Risk Assessment

We also offer

Event medical cover

1st aid supplies

For details of our quality assurance, please visit our web site:

<http://www.singleton-associates.org/services/quality-assurance/>

The Training Hub, Unit 14, Deacon Rd Business Park, Lincoln. LN2 4JB