Food Safety and Sanitation Guidelines

Culinary Arts
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Personal Hygiene
## Appropriate Attire

<table>
<thead>
<tr>
<th>Wear</th>
<th>Do Not Wear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apron</td>
<td>False nails</td>
</tr>
<tr>
<td>Chef jacket</td>
<td>Fingernail polish</td>
</tr>
<tr>
<td>Chef pants</td>
<td>Jewelry</td>
</tr>
<tr>
<td>Hair restraint</td>
<td>Watches</td>
</tr>
<tr>
<td>Shoes (slip resistant)</td>
<td>Dangling earrings</td>
</tr>
<tr>
<td></td>
<td>Rings</td>
</tr>
<tr>
<td></td>
<td>Except for a plain metal band</td>
</tr>
</tbody>
</table>
Wash Hands

Before

☐ Eating or drinking

☐ Handling raw meat poultry, or seafood

☐ Prepping food

☐ Putting on gloves
Wash Hands

After

- Cleaning tables or busing dirty dishes
- Handling chemicals
- Handling money
- Handling raw meat poultry, or seafood (before and after)
- Removing chewing gum with your fingers
- Sneezing, coughing, or using a tissue
- Taking out garbage
- Touching clothing or aprons
- Touching your hair, face, or body
How to Wash Your Hands

1. Wet hands and arms
2. Apply soap
3. Scrub hands and arms vigorously
4. Rinse hands and arms thoroughly
5. Dry hands and arms

After Washing Your Hands
1. Use a paper towel to turn off faucet.
2. Use a paper towel to open restroom door.

Put Your Hands Together
Commercial Kitchen Safety
Commercial Kitchen Hazards

- Burns and Scalds
- Cuts
- Slips and falls

General Kitchen Safety
Safety Guidelines

Be sure to locate:

- Potential dangers
- Emergency exits and routes
- Handwashing stations
- First aid kits
- MSDS information
Commercial Kitchen Safety

How to Safely Clean Spills in the Kitchen

Preventing Burns
How to Use a Fire Extinguisher

- Know how fire extinguishers are classified
- Inspect the fire extinguisher
- Decide if you will evacuate or stay and fight
- Remember the acronym PASS
  - Pull the pin
  - Aim at the base of the fire
  - Squeeze the lever
  - Sweep back and forth
13

Food Safety
Foodborne Illness

- Each year, 1 in 6 Americans (or 48 million people) gets sick from and 3,000 die of foodborne diseases.
- Reducing foodborne illness by just 10% would keep 5 million Americans from getting sick each year.

FoodSafety.gov
Causes of Food Poisoning

- Bacteria and Viruses
- Parasites
- Mold, Toxins, and Contaminants
- Allergens
Least Wanted Foodborne Pathogens

- Campylobacter
- Clostridium botulinum
- E. coli O157:H7
- Listeria monocytogenes
- Norovirus
- Salmonella
- Staphylococcus aureus
- Shigella
- Toxoplasma gondii
- Vibrio vulnificus
Long Term Effects

- Kidney failure
- Chronic arthritis
- Brain and nerve damage
- Death
Who’s at Risk?

- Pregnant women
- Older adults
- Persons with chronic illnesses
Cleaning and Sanitizing

Prevents the spread of pathogens to food.

Steps:

- Clean the surface
- Rinse the surface
- Sanitize the surface
- Allow the surface to air-dry

☐ Cleaning removes food and dirt from surface

☐ Sanitizing reduces pathogens on a surface to safe levels

Sanitizing the Kitchen
References and Resources

Images:
- Culinary Arts, Harlingen High School South, Harlingen, Texas
- Microsoft Office Clip Art

Textbooks:

Websites:
- Fightbac.org
  Least Wanted Foodborne Pathogens
  http://fightbac.org/about-foodborne-illness/least-wanted-pathogens
- Texas Department of State Health Services
  General Publications
  http://www.dshs.state.tx.us/foodestablishments/pubs.shtm
YouTube™:

- General Kitchen Safety
  The commercial kitchen is a busy environment that is full of many potential dangers that are both obvious and, in some cases, less obvious to the untrained person. When working in this environment, one must be aware of these potential hazards and how to avoid them.

- How to Safely Clean Spills in the Kitchen
  Within a commercial kitchen one of the most frequent accidents that can occur is slipping on a wet surface. These types of accidents are particularly hazardous because often they can cause back injuries and cause serious lost time. In most cases these injuries are preventable with good safety management of spills.
  [http://youtu.be/ItTmGSEF0UM](http://youtu.be/ItTmGSEF0UM)

- How to Use a Fire Extinguisher
  Accidents happen. Be prepared to fight your own fire by learning how to use a fire extinguisher.
  [http://youtu.be/lUojO1HvC8c](http://youtu.be/lUojO1HvC8c)

- Preventing Burns
  Within a commercial kitchen you will be exposed to high temperatures that could cause injury to you. Always think safety and have a plan.
  [http://youtu.be/5_1T0iLmOck](http://youtu.be/5_1T0iLmOck)

- Put Your Hands Together
  CDC – Centers for Disease Control and Prevention

- Sanitizing the Kitchen
  Consumers can protect themselves by preventing the spread of germs by both cleaning and sanitizing surfaces where food is prepared. This video explains how to make sanitizing solution with ingredients most people already have around the house.
  [http://youtu.be/__9IhS2jv2OM](http://youtu.be/__9IhS2jv2OM)