



Food Safety and Sanitation Guidelines

Restaurant Management



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Food Service Industry

- First job for many young people
- Industry employs 11.6 million workers
- 30% are age 20 and younger
- Stay safe and healthy on the job
- OSHA enforces job safety



PERSONAL HYGIENE

Appropriate Work Attire

Service Staff

- Uniform
 - Clean
 - Fits properly
- Shoes
 - Clean
 - Polished
- Keep jewelry to minimum
- Hair pulled back
- Hands clean
- Fingernails trimmed and clean without nail polish
- Teeth clean and breath is fresh
- Use deodorant
- No heavy colognes or perfume



Personal Health

- Get enough sleep
- Exercise regularly
- Stay home when ill



Wash Hands Often

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. Apply soap
2. Wet hands and arms
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



RESTAURANT SAFETY

General Hazards

- Electrical Hazards
- Fire Hazards
- Slips/Trips/Falls
- New Workers

OSHA Training - Slips, Trips &
Falls Safety DEMO

Safety Guidelines

Be sure to locate:

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



First Aid

Accidents

- Can be prevented
- Can be serious

Responsibility to

- Keep safe
- Keep your guests and other employees safe

Heimlich Maneuver Poster

[How to Perform CPR - Martha Stewart](#)

Fire Extinguisher

- 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



FOOD SAFETY

Foodborne Illness

- Each year, 1 in 6 Americans (or 48 million people) get sick from foodborne illnesses.
- 3,000 Americans die yearly, from food borne illness.
- 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 0157: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
- Young children



Cleaning and Sanitizing

Prevents the spread of pathogens to food.

Steps:

1. Clean the surface
2. Rinse the surface
3. Sanitize the surface
4. 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



ANY QUESTIONS?

References and Resources

Images:

- Microsoft Office Clip Art: Used with permission from Microsoft

Textbooks:

- *Culinary essentials*. (2010). Woodland Hills, CA: Glencoe/McGraw-Hill.
- *Foundations of restaurant management & culinary arts: Level one*. (2011). Boston, MA: Prentice Hall.
- *ServSafe® Manager*. 6th. Chicago, IL: National Restaurant Association, 2012. Print.
- *ServSafe Starters Employee Guide™*, 5th. Chicago, IL: National Restaurant Association, 2010. Print.

Websites:

- Fightbac.org
Least Wanted Foodborne Pathogens
<http://fightbac.org/about-foodborne-illness/least-wanted-pathogens>
- National Institute of Occupational Safety and Health (NIOSH)
NIOSH is the federal agency responsible for conducting research and making recommendations for the prevention of work-related injury and illness. This agency is part of the Centers for Disease Control and Prevention.
<http://www.cdc.gov/niosh/>
- Texas Department of State Health Services
General Publications
<http://www.dshs.state.tx.us/foodestablishments/pubs.shtm>

References and Resources

Youtube™:

- GET THE POINT - Slips, Trips and Falls Safety DEMO
Restaurants are busy, congested places that are particularly prone to slips, trips and falls because of the nature of the work and the work environment. This training program discusses the specific hazards presented to restaurant personnel and how to prevent accidents and work safely.
<http://youtu.be/-hVah4mXJyM>
- How to Perform CPR - Martha Stewart
Lipica Shah of the Red Cross demonstrates the correct way to perform CPR, one of the essential how-tos in Martha's "20 More Things Everyone Should Know" series.
<http://youtu.be/K60R76l-0g4>
- 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/lUoj01HvC8c>
- Put Your Hands Together
CDC - Centers for Disease Control and Prevention
http://youtu.be/ZlDqcmY_EV8
- 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/_9lhS2jv2OM