Presentation Notes
Food Safety and Sanitation Guidelines – Restaurant Management

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The first job for many young people is in the restaurant and fast food industry.

The Occupational Safety and Health Administration (OSHA) is the federal agency that creates and enforces safety-related standards and regulations in the workplace.
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

The first impression customers at a restaurant have is of the service staff. They probably were a type of uniform that should be clean and fits properly. Shoes should also be clean and polished and non-skid. Jewelry should be minimal. Hair should be clean and pulled back and out of the way. Fingernails should be trimmed and clean with no nail polish. Teeth should be brushed and breath should be fresh. Use deodorant everyday. Keep cologne and perfume to a minimum.
The food service industry can be a demanding job and can be better handled when you are in good physical shape and have a healthy mental attitude. Be sure to get enough sleep as too little sleep can weaken the body's immune system and put at risk for illness. Exercise regularly to increase your strength to be able to lift heavy objects. Disease can spread easily in the food service industry. If you have a fever, a cold, or are vomiting, stay home and return when you are well again.
Only a handwashing sink should be used for washing hands in a food establishment. Refer to the TFER Hand Wash Poster from the Texas Department of State Health Services for the correct procedure.
Remind students that hand antiseptics should never be used instead of washing hands.
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.

Click hyperlink Put Your Hands Together from the Centers for Disease Control.

How to Wash Your Hands

- Wet hands and arms
  - use running water as hot as you can comfortably stand
- Apply soap
  - Apply enough to build up a good lather
- Scrub hands and arms vigorously
  - Scrub them for 10 to 15 seconds
  - Clean under fingernails and between fingers
- Rinse hands and arms thoroughly
  - Use running water
- Dry hands and arms
  - Do NOT use your apron or any part of your uniform
  - Use a single-use paper towel or hand dryer

CDC – Centers for Disease Control and Prevention
Put Your Hands Together
http://www.cdc.gov/cdctv/handstogether/
General Hazards

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

Electrical Hazards
- Workers in restaurants are exposed to shocks and electrical hazards from: Worn electric cords or improperly used or damaged extension cords
- Improperly wired or ungrounded outlets
- Faulty equipment and wiring
- Damaged receptacles and connectors
- Wet clean-up processes
- Unsafe work practices

Fire Hazards
- Employee exposure to fire and fire hazards in restaurant work from:
  - Poor housekeeping
  - Un-emptied grease traps (possible grease fires)
  - Dirty ducts (possible flue fires)
  - Improper storage of flammable items
  - Faulty or frayed electrical cords

Slips/Trips/Falls
- Employee exposure to wet floors or spills and clutter that can lead to slips/trips/falls and other possible injuries.

New Workers
Presentation Notes
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• Young workers are often inexperienced workers and may be at higher risk for work injuries because of their lack of experience.
• Young workers are reluctant to ask questions or make demands, and may assume tasks for which they are either unprepared or incapable of performing safely.

Click on hyperlink OSHA Training – Slips, Trips & Falls Safety DEMO to view short video.

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
Safety Guidelines

Be sure to locate:
• Potential dangers
• Emergency exits and routes
• Handwashing stations
• First aid kits
• MSDS information

Be aware of your surroundings and locate:
• any potential dangers
• where to exit in case of emergency
• the handwashing station
• first aid kits in case of a minor accident
• the materials safety data sheets
Remind students that accidents can be prevented with proper training and equipment. It is their responsibility to keep themselves safe and their guests and other employees safe.

Discuss the Heimlich Maneuver Poster. The Texas Food Establishment Rules are as follows:
(a) Purpose. The purpose of this section is to establish the requirements for signs depicting the Heimlich Maneuver for dislodging an obstruction from a choking person.
(b) Placement. All food establishments at which space for eating is designed or designated shall post the sign in a place conspicuous to employees or customers.
(c) Specifications. The sign shall meet the following requirements:
(1) the sign shall be printed on white paper and shall be no smaller than 11 inches wide by 17 inches long;
(2) the sign shall be printed in English and Spanish and in at least two conspicuous contrasting colors. Major title and figure blocks shall be in contrasting color to remaining copy blocks

Click on hyperlink How to Perform CPR – Martha Stewart for a techniques on how to perform CPR.

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
Click on the hyperlink **How to Use a Fire Extinguisher** to view the short video.

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)

**You Will Need**
- Courage
- Calm
- Fire extinguisher

**Step 1: Know how fire extinguishers are classified**

Know how fire extinguishers are classified. Class A extinguishers are for common combustibles like paper or wood; Class B are for flammable liquids; and Class C are for electrical fires. The Red Cross recommends ABC classified fire extinguishers for home use.

**Step 2: Inspect the fire extinguisher**

Inspect the fire extinguisher before use. Read instructions and warnings; check that the pressure gauge needle is in the green portion of the gauge; and check for a clogged nozzle, a broken seal, or other damage.

A fire extinguisher won’t work if it’s not properly charged. The pressure gauge measures the charge.

**Step 3: Decide if you'll evacuate or stay and fight**

Decide if you’ll evacuate or stay and fight the fire. Consider the size of the fire, the amount of smoke in the room, and whether there is a reliable escape route.
Step 4: Remember the acronym PASS
Remember the acronym PASS. It stands for Pull, Aim, Squeeze, and Sweep.

Step 5: Pull the pin that unlocks the operating handle
Pull the pin or ring that unlocks the fire extinguisher’s operating handle, and aim the extinguisher at the base of the fire.
Aim at the fire from 6 to 8 feet away.

Step 6: Squeeze extinguisher lever to discharge contents
Squeeze the extinguisher lever to discharge its contents, and sweep the hose back and forth until the extinguisher is empty.

Food Network star Alton Brown used a carbon dioxide fire extinguisher, a water cooler bottle, and a tennis racket to make a fruit smoothie on television.
Foodborne Illness

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

The illness may be mild, lasting just a day or two, or even severe enough to require hospitalization. In some cases it can even result in death.
Causes of Food Poisoning

- Bacteria and Viruses
- Parasites
- Mold, Toxins, and Contaminants
- Allergens

**Bacteria and Viruses**
Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.

**Parasites**
Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common foodborne parasites are protozoa, roundworms, and tapeworms.

**Mold, Toxins, and Contaminants**
Most food poisoning is caused by bacteria, viruses, and parasites rather than toxic substances in the food. But, some cases of food poisoning can be linked to either natural toxins or chemical toxins.

**Allergens**
Food allergy is an abnormal response to a food triggered by your body's immune system. Some foods, such as nuts, milk, eggs, or seafood, can cause allergic reactions in people with food allergies.
Least Wanted Foodborne Pathogens

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

Source: Fightbac.org

**Campylobacter** - Second most common bacterial cause of diarrhea in the United States. Sources: raw and undercooked poultry and other meat, raw milk and untreated water.

**Clostridium botulinum** - This organism produces a toxin which causes botulism, a life-threatening illness that can prevent the breathing muscles from moving air in and out of the lungs. Sources: improperly prepared home-canned foods; honey should not be fed to children less than 12 months old.

**E. coli O157:H7** - A bacterium that can produce a deadly toxin and causes approximately 73,000 cases of foodborne illness each year in the U.S. Sources: beef, especially undercooked or raw hamburger; produce; raw milk; and unpasteurized juices and ciders.

**Listeria monocytogenes** - Causes listeriosis, a serious disease for pregnant women, newborns, and adults with a weakened immune system. Sources: unpasteurized dairy products, including soft cheeses; sliced deli meats; smoked fish; hot dogs; pate'; and deli-prepared salads (i.e. egg, ham, seafood, and chicken salads).

**Norovirus** - The leading viral cause of diarrhea in the United States. Poor hygiene causes Norovirus to be easily passed from person to person and from infected individuals to food items. Sources: Any food contaminated by someone who is infected with this virus.

**Salmonella** - Most common bacterial cause of diarrhea in the United States, and the most common cause of foodborne deaths. Responsible for 1.4 million cases of foodborne illness a year. Sources: raw and undercooked eggs, undercooked poultry and meat, fresh fruits and vegetables, and unpasteurized dairy products.
**Staphylococcus aureus** - This bacterium produces a toxin that causes vomiting shortly after being ingested. Sources: cooked foods high in protein (e.g. cooked ham, salads, bakery products, dairy products) that are held too long at room temperature.

**Shigella** - Causes an estimated 448,000 cases of diarrhea illnesses per year. Poor hygiene causes Shigella to be easily passed from person to person and from infected individuals to food items. Sources: salads, unclean water, and any food handled by someone who is infected with the bacterium.

**Toxoplasma gondii** - A parasite that causes toxoplasmosis, a very severe disease that can produce central nervous system disorders particularly mental retardation and visual impairment in children. Pregnant women and people with weakened immune systems are at higher risk. Sources: raw or undercooked pork.

**Vibrio vulnificus** - Causes gastroenteritis, wound infection, and severe bloodstream infections. People with liver diseases are especially at high risk. Sources: raw or undercooked seafood, particularly shellfish.
Long Term Effects

- Kidney failure
- Chronic arthritis
- Brain and nerve damage
- Death

**Kidney failure**

Hemolytic-uremic syndrome (HUS) is a serious illness that usually occurs when an infection in the digestive system produces toxic substances that destroy red blood cells, causing kidney injury. HUS may occur after infection with some kinds of *E. coli* bacteria. HUS is most common in children. In fact, it is the most common cause of acute kidney failure in children.

**Chronic arthritis**

A small number of persons with *Shigella* or *Salmonella* infection develop pain in their joints, irritation of the eyes, and painful urination. This is called reactive arthritis. It can last for months or years, and can lead to chronic arthritis, which is difficult to treat. Persons with *Campylobacter* infections may also develop chronic arthritis.

**Brain and nerve damage**

A *Listeria* infection can lead to meningitis, an inflammation of the membranes surrounding the brain. If a newborn infant is infected with *Listeria*, long-term consequences may include mental retardation, seizures, paralysis, blindness, or deafness.

Guillain-Barré syndrome is a disorder that affects the nerves of the body. This occurs when a person's immune system attacks the body's own nerves. It can result in paralysis that lasts several weeks and usually requires intensive care. As many as 40 percent of Guillain-Barré syndrome cases in this country may be triggered by an infection with *Campylobacter*.

**Death**
In the United States, approximately 3,000 people die each year of illnesses associated with food poisoning. Five types of organisms account for 88 percent of the deaths for which the cause is known: *Salmonella*, *Toxoplasma*, *Listeria*, *norovirus*, and *Campylobacter*. Other types of foodborne illness may cause death as well. For example, some *Vibrio* infections (usually associated with eating raw shellfish) may infect the bloodstream and cause a severe, life-threatening illness. About half of these infections are fatal, and death can occur within two days.
Pregnant Women
When a woman is pregnant, her immune system is weakened, which makes it harder to fight off harmful microorganisms in food. At the same time, an unborn baby’s immune system is not developed enough to fight off dangerous bacteria. In addition, certain toxins in food, such as mercury, can damage an unborn baby’s developing nervous system.

Older Adults
As we age, our immune system and other organs in our bodies become less effective in recognizing and ridding the body of microorganisms that cause foodborne illness. If an older person contracts a foodborne illness, there is a great chance of that the effects will be serious or even deadly.

Persons with Chronic Illnesses
If you have a chronic illness such as AIDS, cancer, or diabetes, the illness and sometimes its treatments can weaken your immune system. Similarly, if you are a transplant recipient, you take drugs that you take to prevent your body from rejecting the new organ. These drugs also prevent your immune system from attacking dangerous microorganisms in food.

Young Children
Have not built up strong immune systems
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

Click on the hyperlink **Sanitizing the Kitchen** to view the video.

All surfaces must be cleaned and rinsed. Such as:
• Walls
• Storage shelves
• Garbage containers

Any surface that touches food must be cleaned and sanitized. Such as:
• Knives
• Stockpots
• Cutting boards

**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](http://youtu.be/_9lhS2jv2OM)
ANY QUESTIONS?
References and Resources

Youtube™:

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