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Lodging Industry

- Provides overnight accommodations
- May provide food and beverages
- A safe environment is expected
- Safety consists of actions taken to prevent accidents and emergencies
Workplace Safety

Occupational Safety and Health Act
Cleaning and Sanitizing
Chemical and Hazardous Materials
First Aid and CPR
Occupational Safety and Health Act

- Protects employee health and safety
- Passed in 1970
- Requires employers to make the workplace free of hazards
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
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
Chemical and Hazardous Materials

- Electrical
- Fall
- Fire and explosion
- Infectious diseases
- Machine
- Toxic substances
First Aid and CPR

- Examine the victim
- Determine what is wrong
- Choose an appropriate treatment
- Carry out that treatment

Official 2012 Hands - Only CPR Instructional Video

Click on link
Fire Extinguisher

**Fire Extinguisher Tutorial**

- 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
Causes of Food Poisoning
Least Wanted Foodborne Pathogens
Long Term Effects
Who’s at Risk?
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.

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
Professional Attire and Personal Hygiene

Appropriate Work Attire
Personal Health
Wash Hands Often
How to Wash Your Hands
Appropriate Work Attire

Staff

• Uniform
  • Clean
  • Fits properly
• Shoes
  • Clean
  • Polished
• Keep jewelry to minimum

• Hair neat and trimmed
• Hands clean
• Fingernails trimmed and clean with clear or natural 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
References and Resources

Textbook

Websites:
- Fightbac.org
  Least Wanted Foodborne Pathogens
  [http://fightbac.org/about-foodborne-illness/least-wanted-pathogens](http://fightbac.org/about-foodborne-illness/least-wanted-pathogens)
- Occupational Health and Safety Administration
  With the *Occupational Safety and Health Act of 1970*, Congress created the *Occupational Safety and Health Administration (OSHA)* to assure safe and healthful working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance.
References and Resources

YouTube™

- Fire Extinguisher Tutorial
  Training video for using a fire extinguisher
  http://youtu.be/2Z2C13gJh-g

- 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.
  http://youtu.be/kz-KZGO65DA

- Official 2012 Hands-Only CPR Instructional Video
  Learn how to perform CPR in this 60-second video showing Hands-Only CPR in action
  http://youtu.be/zSgmledxFe

- Put Your Hands Together
  CDC – Centers for Disease Control and Prevention
  http://youtu.be/ZIQtcmY_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/_9IhS2jv2OM