Food Safety and Sanitation Guidelines
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Kitchen Safety
Kitchen Hazards

- Burns
- Cuts
- Electrical shocks
- Falls
- Poisoning
Safety Guidelines

- Pay attention to tasks
- Dress for safety
- Prevent clutter
- Close drawers and doors completely
- Use the right tool for the right job
- Store heavy items on low shelves
- Be aware of exit route
Kitchen Fire 411
(Click on link)
### 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

[Click on link](#)
Food Safety
Each year, 1 in 6 Americans (or 48 million people) get 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.
Causes of Food Poisoning

- Bacteria and Viruses
- Parasites
- Mold, Toxins, and Contaminants
- Allergens
Long Term Effects

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

- Older adults
- Very young children
- 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](Click on link)
Personal Hygiene
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.
Wash Hands After

- Using the restroom
- Touching your hair, face, or body
- Handling raw meat poultry, or seafood (before and after)
- Touching clothing or aprons
- Taking out garbage
- Sneezing, coughing, or using a tissue

- Handling chemicals
- Cleaning tables or busing dirty dishes
- Eating or drinking
- Chewing gum
- Handling money
- Handling fish or shellfish in a display tank
- Before putting on gloves
- Touching anything that may contaminate your hands
<table>
<thead>
<tr>
<th>Wear</th>
<th>Do Not Wear</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Clean Aprons</td>
<td>● False nails</td>
</tr>
<tr>
<td>● Clean Clothes</td>
<td>● Fingernail polish</td>
</tr>
<tr>
<td>● Hair restraint</td>
<td>● Jewelry</td>
</tr>
<tr>
<td>● Shoes (slip resistant)</td>
<td>○ Watches</td>
</tr>
<tr>
<td></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>
Questions?
Images:
- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

Websites:
- Your Gateway to Federal Food Safety Information
  www.foodsafety.gov
- 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
- Kitchen Fire 411
  Susan Koeppen visits a fire testing facility to show you how to deal with a grease fire in your kitchen quickly and safely.
  http://youtu.be/PyrbiUosB4s
- Put Your Hands Together
  CDC – Centers for Disease Control and Prevention
  http://www.cdc.gov/cdctv/handstogether/
- 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