

Food Safety

Foodborne Diseases

- What is a Foodborne Disease?
- There are more than 250 different foodborne diseases, most of the diseases are infections and are caused by:
 - Bacteria
 - Viruses
 - Parasites
- Many microbes can spread in more than one way.

Most Common Foodborne Diseases

Foodborne infections are commonly caused by bacteria.

Campylobacter - A pathogen that causes fever, diarrhea and abdominal cramps.

- Eating undercooked chicken, or other food that was contaminated by juices dripping from raw chicken is the most frequent source of infection.

Salmonella is widespread and can be found in birds and reptiles and mammals.

- It can be spread to humans through different foods of animal origin.
- The illness it typically causes includes fever and diarrhea.

E.Coili – A bacterial pathogen that has a reservoir in cattle and other animals.

- Illness typically follows consumption of food and water that has been contaminated with microscopic amounts of cow feces.

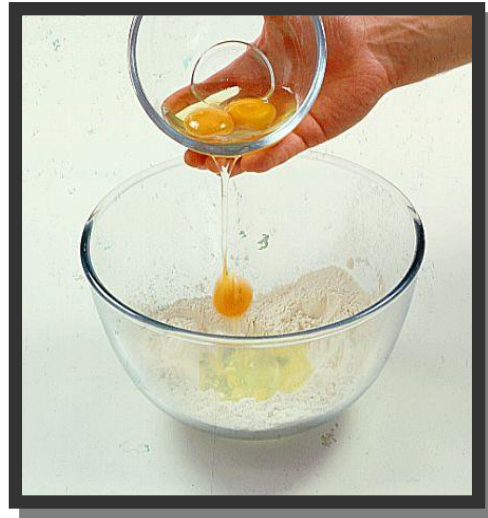
Foodborne Illness Impact

- It has been estimated that 76 million cases of foodborne disease occur each year in the United States. Most of these cases are mild and cause symptoms for only a day or two.
- The more serious cases are estimated at 325,000 people who have been hospitalized and 5,000 deaths have occurred.

Foodborne Illness Cont.

What foods are most likely to be associated with foodborne illness?

- Raw meat, poultry, raw eggs, shellfish, and unpasteurized milk.
- Fruits and vegetables are of particular concern. Washing can decrease, but not eliminate contamination.



Foodborne Illness Cont.

- Some people are more susceptible to contracting the viruses.
- People with weakened immune systems such as pregnant women and the elderly should be careful not to consume undercooked meat products.



Foodborne Illness Cont.



What can you do to protect yourself when eating out?

- Check the inspection score of the restaurant before ordering.
- Ensure that the food you order is cooked to a temperature of 160°F and send it back if it is pink in the middle.
- Inquire about how a meal containing eggs is made. If it is not made with pasteurized eggs, chose something else.

Personal Hygiene

Developing good hygiene practices is essential when handling food.

- Examine your body for cuts & sores that could contain harmful bacteria.
- Put on clean clothes before going to work.
- Trim, clean & file fingernails frequently. Remove fingernail polish, fake nails & jewelry before work.
- Properly wear & maintain PPE (Personal Protective Equipment) such as gloves, sleeves, uniforms, etc.



Personal Hygiene Cont.

- Change frocks & uniforms when going from raw to finished product areas.
- Never modify the fit or style of your garments.
- Replace PPE when it becomes soiled or torn.
- Cover hair completely.



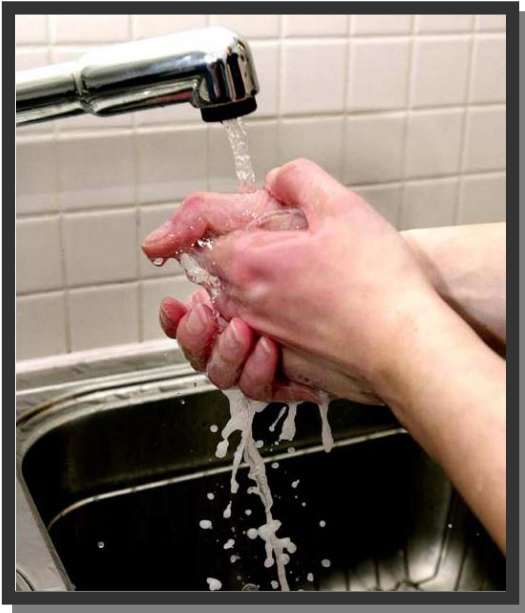
Hand Washing

Hand washing is the single most effective way to prevent the spread of disease.

Washing properly:

- Turn the water on to the warmest temperature you can tolerate. Wet hands under running water.
- Take an adequate amount of soap and sanitizer. Scrub hands for at least 20 seconds. Make sure the soap covers and cleans every area of your hands.
- Pay particular attention to the webbed part of your fingers & areas around your fingernails where dirt and bacteria can hide.
- Rinse your hands under hot running water, making sure all traces of soap are removed from hands.
- Dry hands with disposable paper towels.

Personal Hygiene Cont.



- Wash your hands after any activity that could contaminate food or equipment.
- Wash your hands before starting at workstations & prior to putting on gloves, sleeves, or aprons.
- Wash your hands if you cough or sneeze into them.
- Wash your hands if you touch or scratch any part of your hair, skin, eyes, or mouth.

Injury Prevention

Slips, Trips & Fall Prevention:

- Always keep the aisles and passageways clear and free of any obstructions (power cords).
- Keep the area around the deep fryer and sinks clean and dry.
- Ensure floor mats are in good condition, not curled and have a good non-skid backing.



Avoiding Cuts & Burns

- When employee's hands are exposed to cuts, lacerations, and thermal burns, mitts should be worn when handling hot items and steel mesh. Kevlar gloves should be worn when using knives.
- When uncovering a container that is hot, the worker should hold the cover up to deflect the steam from the face.
- Cutlery should be kept sharpened and in good condition. Dull knives can slip and cause injuries.



Avoiding Cuts & Burns Cont.

- Knives, saws, and cleavers should be kept in a designated storage area when not in use. The blades should not be stored with the cutting edge exposed.
- Knives and other sharp objects should not be put into sinks between periods of use.
- Newly purchased knives should be equipped with blade guards and knuckle guards that protect the hand from slipping onto the blade.

Summary

- Foodborne illnesses can be easily spread. Proper preparation and hand washing can help prevent infections.
- Use proper PPE and replace it when it becomes soiled or torn.
- Keep kitchen floors clean and dry to prevent slips and falls.
- Knives should be maintained, sharp, and have proper guarding.