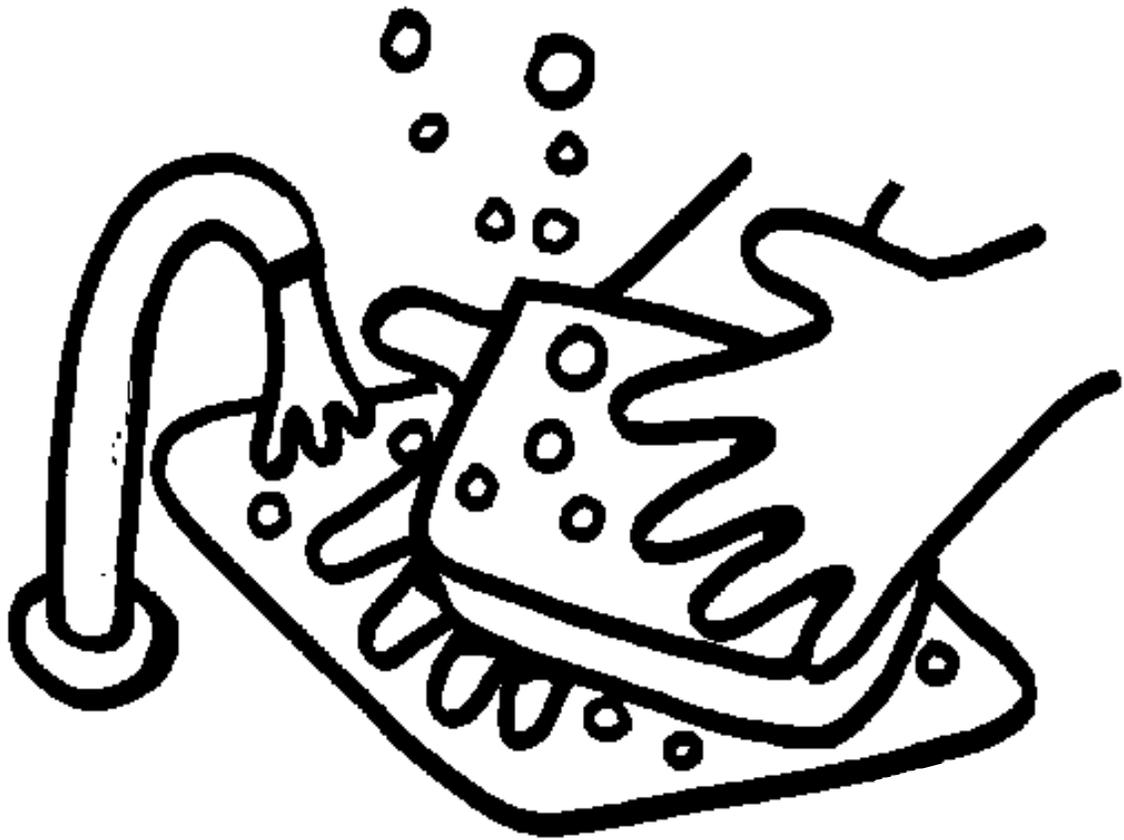


Unit 1

Safety & Sanitation



Kitchen Safety

Electrical Appliances:

1. Use dry hands.
2. Stand on a dry floor.
3. Keep appliances away from water.
4. Plug removable cords into the appliance first and then plug into the power source.
5. In case of electrocution, turn off the _____ (power breaker) before touching the person or the appliance.

Knife Safety:

1. Sharp knives are safer than dull knives.
2. Store knives with a safety guard over the blade or in a knife block/rack.
3. First-aid for a severely bleeding cut is to apply _____ over the wound. Very deep cuts may require medical attention.

Avoiding Burns:

1. Keep clothing away from direct heat.
2. Avoid paper/plastic on or near the stovetop.
3. Use hot pads/oven mitts for handling hot pans. (Including microwave cooking.)
4. Lift lids on hot foods _____ from you and your face. Direct the steam away.
5. Turn pan handles toward the _____ of the stovetop.
6. First-aid for a first degree burn is to place the burned area under _____.
7. To Extinguish a grease fire:
 - Cover with a _____.
 - Smother with _____.
 - Use a _____ extinguisher.
8. NEVER use the following on a grease fire:
 - _____
 - Sugar
 - Flour

Avoiding Tripping/Falling:

1. Clean up spills as soon as they happen.
2. Use a step stool to reach things in high places.
3. Store heavy items on lower shelves.

Cleaning Supplies and Chemicals:

1. Store cleaning supplies away from food in designated areas, equipment, utensils, linens and single-use items in a designated area.
2. Keep cleaning chemicals in their _____ containers or have them clearly labeled.
3. _____ mix cleaning supplies.
4. Combinations like ammonia and bleach will produce _____.

Sanitation and Hygiene

Washing Hands - A 20 Second Process:

1. _____ hands and arms with warm/hot water.
2. Apply _____.
3. _____ hands and arms vigorously for at least _____ seconds.
4. _____ hands and arms thoroughly.
5. _____ hands and arms.
6. Use an antiseptic (hand sanitizer) **after** washing hands, not in place of washing hands.
 - Wait for antiseptic to dry before touching food or equipment and before putting on gloves.

Drying Hands:

1. Dry hands and arms with a paper towel.
2. Do not use apron or clothing to dry hands.
3. Use paper towels to turn off the faucet and open doors.

When to Wash Hands:

1. After using the _____.
2. After coughing/sneezing.
3. Before & after handling raw meat, poultry or eggs.
4. _____ putting on gloves.
5. After touching clothing or aprons.
6. After handling money.
7. After handling _____.
8. After handling dirty equipment/utensils.
9. Before, during and after food preparation.

Handwashing Sink:

1. The handwashing sink is to be used for handwashing ONLY.
2. Never use this sink for other purposes.

Double Hand Wash:

1. Employees must _____ their hands.
 - In the restroom.
 - Before handling food.

Clothing, Hair and Jewelry:

1. Wear clean clothing and aprons.
2. Tie back or cover hair.
3. Remove jewelry from hands and arms including rings, bracelets and watches.
 - Only exception is a _____

Eating, Drinking and Tobacco:

1. Eating, drinking, chewing gum or tobacco should be away from food prep areas.
 - Smoking is only permitted outdoors at least 25 feet away from any entrance.

Wearing Gloves:

1. Avoid bare-hand contact with ready to eat foods.
2. Use the correct size so that they fit properly.
3. Wash hands before putting on gloves and when changing to a new pair.
4. Wear gloves if you have open _____ or _____ on hands.
 - A bandage must cover the wound completely and a glove must be worn over the bandage.
5. Never rinse, wash or reuse gloves.
6. Change gloves:
 - with each new _____.
 - _____ handling raw meat, poultry and seafood.
 - if they get _____.

Cleaning and Sanitizing

1. Keep all work surfaces clean.
2. Disinfect work surfaces to prevent cross-contamination.
3. Surfaces that are in constant use must be cleaned and sanitized after _____.
4. Clean crumbs and spills, store staples in airtight containers and dispose of garbage properly to reduce pests/insects.
5. If taste testing foods, always use a clean utensil and use it only once.
6. _____ for cleaning food spills in sanitizer solution when you are not using them. Never store them in your apron or uniform pocket.
7. Always use cleaners and sanitizers according to the directions.
8. Sanitizer must be left on the surface for the correct amount of time to _____ pathogens on surface to a safe level.
9. Use a _____ to check the sanitizer's strength to ensure it is effective.

To Sanitize:

1. _____ the surface.
2. _____ the surface.
3. _____ the surface.
4. Allow the surface to _____ dry.

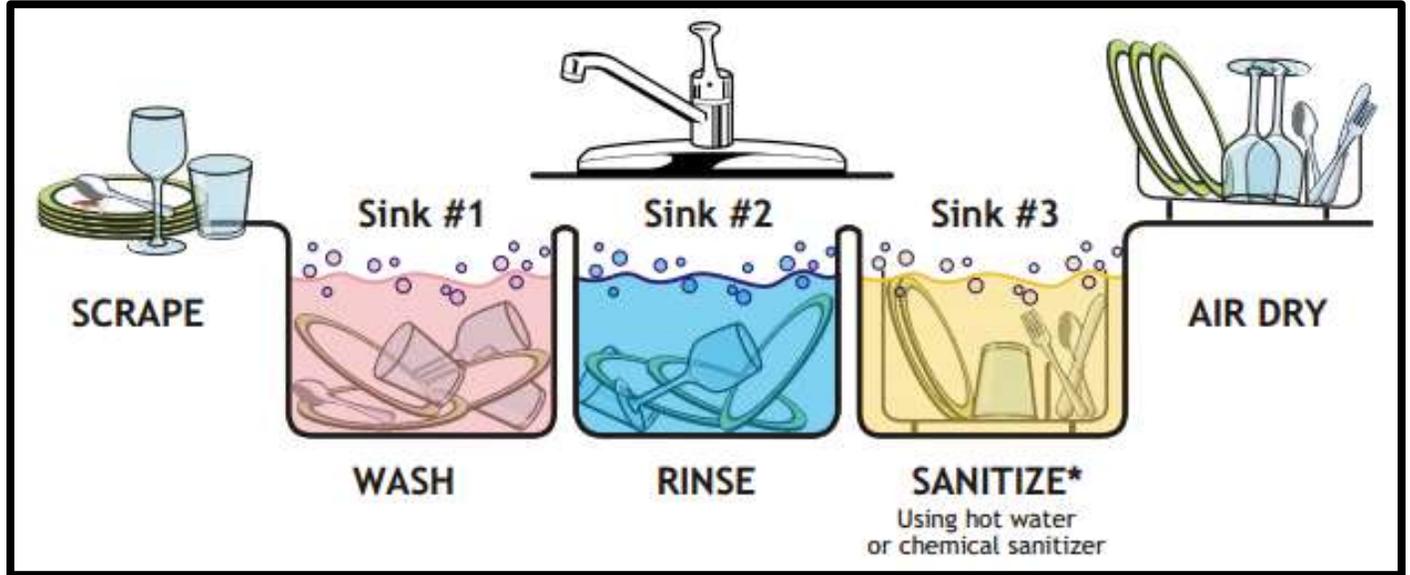
Dish Washing:

BY HAND

1. Rinse and Scrape Food
2. Glassware
3. Silverware
4. Dishware (Plates/Bowls)
5. Kitchen Tools
6. Pots and Pans

3 SINK METHOD

Scrape, Wash, Rinse, Sanitize and Air Dry



DISH MACHINE

1. Dish machines are used in the industry to quickly clean and sanitize dishes.
 - Scrape, rinse or soak items before washing.
 - Never _____ the dish racks and use the correct racks.
 - Frequently check water temperature and pressure.
 - Change the water when necessary.

Storing Dishes and Utensils

1. Store in a clean, dry location.
2. Store at least _____ the floor.
3. Store upside down on a clean, sanitized surface.
4. If storing utensils vertically, store them with handles up.

Trash and Garbage

1. _____ garbage from prep area as quickly as possible.
2. Do not clean garbage containers near food prep areas.
3. Use trashcan _____.
4. Clean the inside and outside of garbage containers often.
5. Close the lids on outdoor containers.

Food-Borne Illness & Food Hazards

Hazards in Food Safety:

1. Three types of hazards that make food unsafe:
 - a. **Biological:** Pathogens that cause illness
 - b. **Chemical:** Cleaners, sanitizers, polishes
 - c. **Physical:** Bandages, dirt, glass/metal shavings

Pests in Food Safety:

1. Pests can cause two types of contamination: _____ & _____
2. If you spot these signs, alert the manager:
 - a. Droppings, nests or damage to products, packaging and the facility due to pests.

Food Borne Illness:

1. Results from eating contaminated foods containing poisonous toxins.
2. Three microbes (PATHOGENS) that cause food-borne illness:
 1. Bacteria
 2. Viruses
 3. Fungi (Yeast and Mold)

Bacterial Growth:

1. General conditions for bacterial growth are **FATTOM:**
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

Causes of Food-Borne Illness:

1. Food from unsafe sources.
2. Inadequate cooking.
3. Improper holding temperature.
4. Contaminated equipment.
5. Poor personal hygiene (not washing hands).
6. Sick employees- _____ !!
 - Vomiting, diarrhea, jaundice, sore throat with a fever
7. Any food can cause food-borne illness.

Symptoms of Food-Borne Illness:

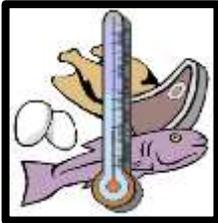
1. Nausea, Vomiting, Abdominal Cramps, Diarrhea, Headaches, Fever, Fatigue & Body Aches, Digestive Problems

Populations In Danger:

1. Y: _____ Children
2. O: _____ Adults
3. P: _____ Women
4. I: _____ -Compromised

Types of Food Borne Illness

| Illness | Most Common Source | Prevention |
|--|---|--|
| <p style="text-align: center;"><u>Botulism</u></p>  | <p style="text-align: center;">Improperly Canned Foods or Bulging Cans</p> | <p style="text-align: center;">Don't eat from bulging cans.</p> |
| <p style="text-align: center;"><u>E. coli</u></p>  | <p style="text-align: center;">Undercooked Ground Beef</p> | <p style="text-align: center;">Cook ground products completely.</p> |
| <p style="text-align: center;"><u>Hepatitis A</u></p>  | <p style="text-align: center;">Feces (Human Waste) from Improper Hand Washing</p> | <p style="text-align: center;">Wash hands (with soap) and hot water for at least 20 seconds.</p> |
| <p style="text-align: center;"><u>Salmonella</u></p>  | <p style="text-align: center;">Raw Poultry and Eggs</p> | <p style="text-align: center;">Cook poultry and egg products completely.</p> |
| <p style="text-align: center;"><u>Staphylococci (Staph)</u></p>  | <p style="text-align: center;">Human Mucous (From Coughing/Sneezing)</p> | <p style="text-align: center;">Frequently clean work surfaces and don't sneeze on or near foods.</p> |

| | | |
|--|--|--|
| <p><u>Norovirus</u></p>  | <p>Infected Food Handler</p> | <p>Wash hands and do not work in food service when sick.</p> |
| <p><u>Clostridium Perfringens</u></p>  | <p>Time and Temperature Abused Foods</p> | <p>Store and cook food at proper temperatures.</p> |
| <p><u>Campylobacter SPP</u></p>  | <p>Unpasteurized Milk and Contaminated Water</p> | <p>Ensure liquids are safe and clean before using,</p> |

Preventing Food Borne Illness:

1. When in doubt... _____!
2. Keep hot foods hot and cold foods cold.
3. Use proper hand washing techniques.
4. Keep foods out of the _____.
5. Cook, reheat and serve foods to the proper internal temperatures.
6. Avoid cross-contamination.

Food Safety

Avoiding Cross Contamination:

1. Never place _____ food on a plate which has previously held _____ meat, poultry or seafood.
2. Always wash hands, cutting boards and food prep surfaces with hot soapy water after they come in contact with raw meat, poultry or seafood.

3. If food becomes cross-contaminated, set the food aside and ask the manager what to do.
4. Never scoop ice with your bare hands or a glass. Always use ice scoops or tongs to get ice.
5. Do NOT hold utensils by the part that comes into contact with food.
6. Use tongs, gloves or deli-sheets to serve ready-to-eat foods like bagels.

Temperature Controls for Safety (TCS):

1. Some foods have a greater risk for microbe (_____) growth.
2. The best way to control this growth is to control the factors of time and temperature.
3. Foods Most At Risk:

| | | |
|--------------|------------------|-----------------|
| • Milk/Dairy | • Shellfish | • Beans |
| • Meat | • Baked Potatoes | • Vegetables |
| • Fish | • Tofu | • Sliced Melons |
| • Eggs | • Sprouts | • Tomatoes |
| • Poultry | • Cooked Rice | • Lettuce |

Temperature Danger Zone (TDZ):

1. Any temperature between _____ °F and _____ °F.
 - Cold foods should be kept lower than 41°F and hot foods should be kept higher than 135°F.
2. Foods should not be in the TDZ for more than 2 hours.
3. Foods in the TDZ for more than **4 hours** should be _____.
4. Temperature Controls for Safety (TCS) abuse is allowing food to stay in the danger zone.



Important Temperatures:

1. Always check the _____ temperature of foods with a food thermometer. Always check the _____ part of the food.

| | | | |
|-------------------------------------|--------------|----------|--------------------------------|
| Seafood, Beef, Veal, Lamb & Pork | Ground Meats | Poultry | Reheating Foods (Leftovers) |
| _____ °F | _____ °F | _____ °F | _____ °F |

Food Storage:

1. Refrigerators should be 40°F or below.
2. Freezers should be 0°F below.
3. Separate food into smaller containers to cool more rapidly.
4. _____ food properly.

Thawing Foods Safely:

1. In the _____ for 2-3 days. (*This is the safest method.*)
2. Under _____.
3. In the _____ if used immediately.
4. As part of the _____ process
5. NEVER defrost frozen food at room temperature.

Allergens and Cross-Contact

Cross-Contact With Allergens:

1. Proteins that cause allergic reactions are called _____.
2. Cross-_____ is when one food allergen comes into contact with another food item and their proteins mix.
3. The BIG 8 refer to the allergens that cause the most reactions:
 - Milk, Soy, Eggs, Fish, Tree Nuts, Peanuts, Crustacean Shellfish and Wheat.

