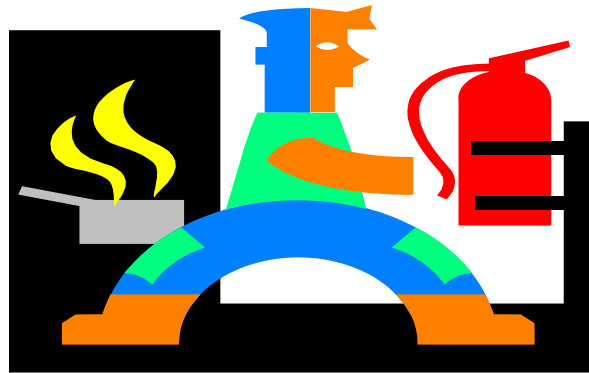


# Food Safety and Sanitation Guidelines

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## Practicum in Culinary Arts



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# Job Safety for Teens

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- Millions of teens are employed
- Health and safety education is an important component to:
  - Recognize hazards in any workplace
  - Understand how to control hazards
  - Know what to do in an emergency
  - Identify employment laws
  - Ask questions

# Talking Safety

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Teaching  
Young Workers  
about Job  
Safety and  
Health

[NIOSH YOUTH @  
Work Video: Teen  
Workers: Real Jobs,  
Real Risks](#)



# PERSONAL HYGIENE

# Appropriate Attire

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## **Wear**

- Apron
- Chef jacket
- Chef pants
- Hair restraint
- Shoes (slip resistant)

## **Do Not Wear**

- False nails
- Fingernail polish
- Jewelry
  - Watches
  - Dangling earrings
  - Rings
    - Except for a plain metal band

# Wash Hands

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## Before

- Eating or drinking
- Handling raw meat poultry, or seafood
- Prepping food
- Putting on gloves

# Wash Hands

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## 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. 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.

**Put Your Hands Together**



# COMMERCIAL KITCHEN SAFETY

# Commercial Kitchen Hazards

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- Burns and Scalds
- Cuts
- Slips and falls

## General Kitchen Safety

# Safety Guidelines

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Be sure to locate:

- Potential dangers
- Emergency exits and routes
- Handwashing stations
- First aid kits
- MSDS information



# Commercial Kitchen Safety

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## How to Safely Clean Spills in the Kitchen

### Preventing Burns

# Fire Extinguisher

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- **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



# FOOD SAFETY

# Foodborne Illness

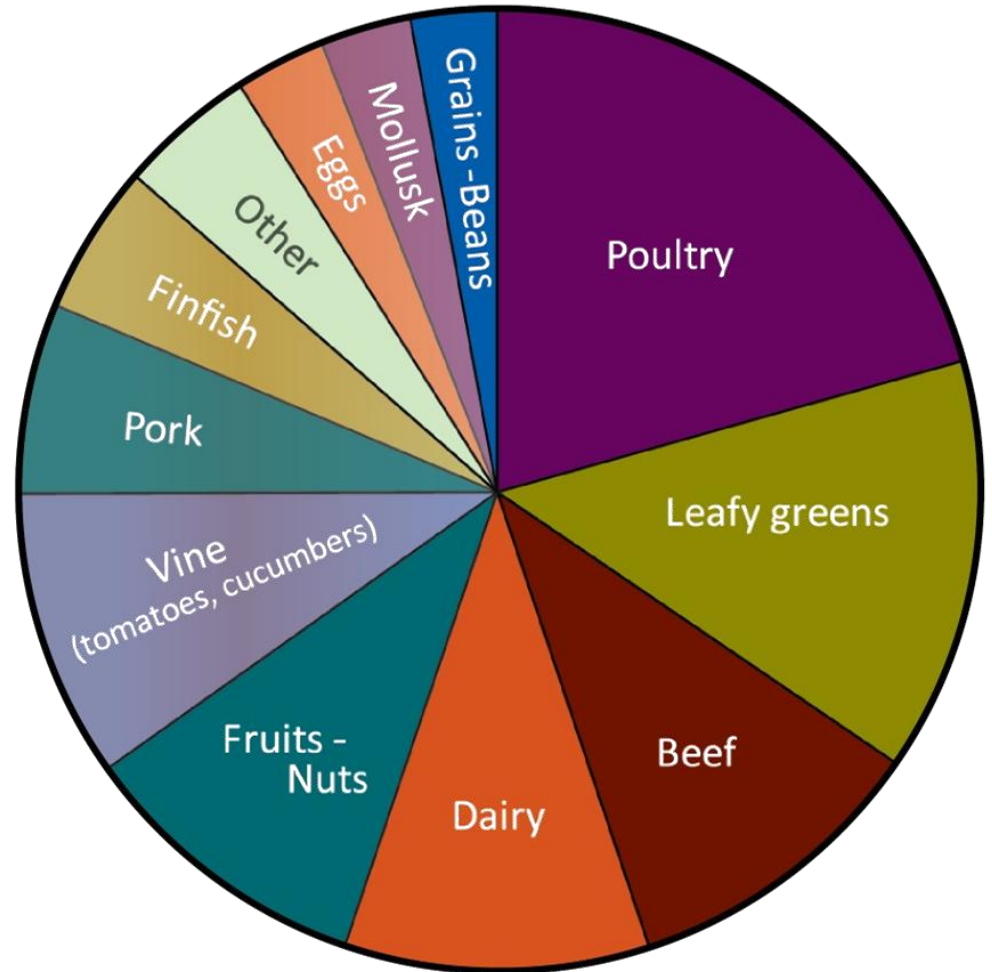
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- Each year, 1 in 6 Americans (or 48 million people) gets sick from and 3,000 die of foodborne diseases.
- Reducing foodborne illness by just 10% would keep 5 million Americans from getting sick each year.

FoodSafety.gov



# Causes of illness in 1,565 outbreaks of single food commodities, 2003-2008



Source: CDC.gov

# Causes of Food Poisoning

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



## 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

# References and Resources

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## Images:

- Microsoft Office Clip Art

## Textbooks:

- *Culinary essentials*. (2010). Woodland Hills, CA: Glencoe/McGraw-Hill.
- *ServSafe® Manager*. 6<sup>th</sup>. Chicago, IL: National Restaurant Association, 2012. Print.
- *ServSafe Starters Employee Guide™*, 5<sup>th</sup>. Chicago, IL: National Restaurant Association, 2010. Print.

## Websites:

- **National Institute of Occupational Safety and Health (NIOSH)** – NIOSH is the federal agency responsible for conducting research and making recommendations for the prevention of work-related injury and illness. This agency is part of the Centers for Disease Control and Prevention.  
<http://www.cdc.gov/niosh/>

# References and Resources

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## Youtube™:

- 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>
- How to Safely Clean Spills in the Kitchen  
Within a commercial kitchen one of the most frequent accidents that can occur is slipping on a wet surface. These types of accidents are particularly hazardous because often they can cause back injuries and cause serious lost time. In most cases these injuries are preventable with good safety management of spills.  
<http://youtu.be/ItTmGSEF0UM>
- 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>
- Preventing Burns  
Within a commercial kitchen you will be exposed to high temperatures that could cause injury to you. Always think safety and have a plan.  
[http://youtu.be/5\\_1T0iLmOck](http://youtu.be/5_1T0iLmOck)
- Put Your Hands Together  
CDC – Centers for Disease Control and Prevention  
[http://youtu.be/ZlDqcmY\\_EV8](http://youtu.be/ZlDqcmY_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](http://youtu.be/_9IhS2jv2OM)