

# Safety First: A Visual Guide

## 1. Fire

- ⇒ Cover fire in pots and pans with lids rather than trying to put it out with water or taking it outside.
- ⇒ Don't leave your cooking unattended. If you must leave the kitchen whilst cooking, turn off the hotplate/gas.



## 2. Burns/Scalds

- ⇒ Immediately get the person away from the heat source to stop the burning.
- ⇒ Cool the burn with cool or lukewarm running water for 20 minutes – don't use ice, iced water, or any creams or greasy substances to the skin.



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## 3. Chemicals

- ⇒ They should be all labelled when using.
- ⇒ Wear appropriate personal protective equipment to avoid exposure to eye, respiratory or skin



## 4. Slips/Trips/Falls

- ⇒ Clean up spills immediately.
- ⇒ Keep walkways and hallways free of debris, clutter and obstacles.



## 5. Cuts

- ⇒ Keep knives, fork, and other sharp utensils in a drawer with a safety latch.

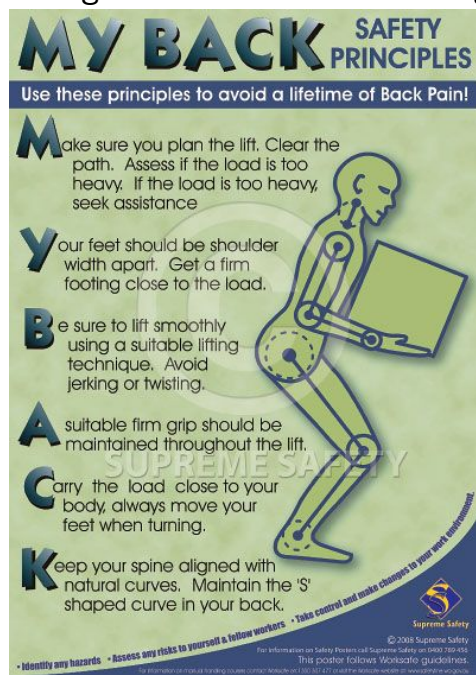
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⇒ Slice away from your hand and keep your fingers clear of the blade.



### 6. Heavy Lifting

- ⇒ Try to maintain neutral spine alignment.
- ⇒ Minimize bending by keeping load between shoulder and thigh when lifting. Do not twist when lifting



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### 7. Food Poisoning

- ⇒ Wash your hands thoroughly before preparing and serving food.
- ⇒ Clean dishes and utensils that have any contact with raw meat, poultry, fish, or eggs.

**7 TIPS TO AVOID FOOD POISONING**

- 1 CHECK**  
Best Before date
- 2 THROW IT OUT**  
When in doubt
- 3 TEMPERATURE**  
Cook to the right  
Poultry 165°F  
Ground Meats 160°F  
Whole meats 145°F
- 4 REFRIGERATE**  
Food should be refrigerated or frozen within 2 hours on a hot day
- 5 CLEAN**  
everything in your kitchen with hot and soapy water  
Utensils  
Cooking surfaces  
Cutting board  
Hands
- 6 SEPARATE**  
raw meats from cooked foods when shopping or preparing foods
- 7 STAY INFORMED**  
of best food safety practices

St. John Ambulance SAVING LIVES at work, home and play

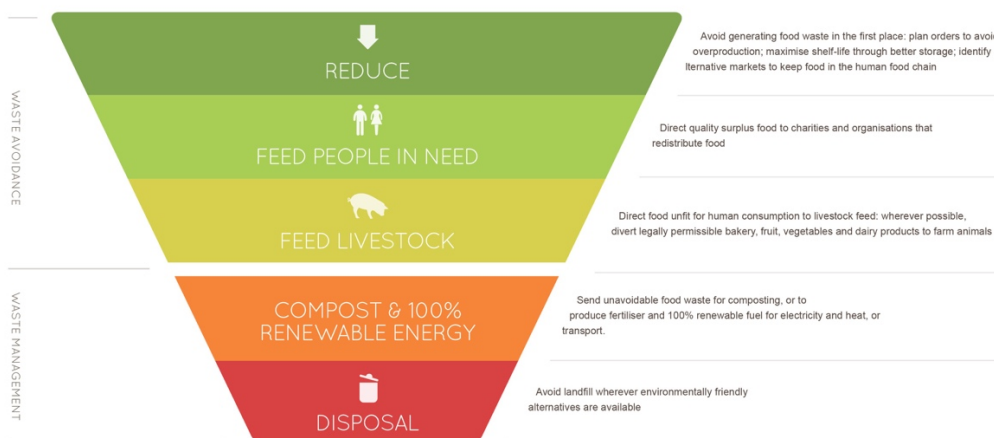
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### 8. Waste Management

- ⇒ It is the collection, transportation, disposal or recycling and monitoring of waste,
- ⇒ Segregate your waste at home, green waste, recycle, and hazardous waste.



### the Food Waste Pyramid



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## 9. Personal Hygiene

- ⇒ Keep our hands and body clean so as to stop the spread of germs and illness.
- ⇒ Daily washing, cleaning hands before and after handling food, wearing clean clothing, looking after our skin, hair and nails, and good oral hygiene are all factors that contribute to keeping healthy.

### Personal Hygiene

**IT MAY COME AS A SHOCK THAT MANY PROFESSIONAL CATERERS DON'T WASH THEIR HANDS AFTER USING THE LAVATORY. BAD PERSONAL HYGIENE AMONGST CATERING PROFESSIONALS POSES A GENUINE RISK TO THE PUBLIC BUT IT APPEARS THAT MANY CATERERS STILL AREN'T AWARE OF THE DANGERS.**

**THIS POSTER OUTLINES CORRECT PERSONAL HYGIENE PRACTICES FOR CATERERS. FOLLOWING THESE BASIC BUT ESSENTIAL GUIDELINES WILL HELP TO ENSURE THE SAFETY OF THE PEOPLE WHO EAT IN YOUR ESTABLISHMENT.**

#### 1. WHEN TO WASH YOUR HANDS

Certain bacteria can remain active on our hands for up to three hours. Over this time they can be spread to everything we touch. This is particularly dangerous in catering environments where germs can multiply on food.

It is essential that you wash your hands regularly throughout the day and especially at the following times:

1. Before handling or preparing food
2. Between handling raw foods (eggs, meat, fish, poultry) and touching any other food or kitchen utensils
3. After handling raw foods such as meat fish and poultry
4. After touching rubbish / waste bins
5. After coughing or sneezing
6. After touching your nose, ears, teeth or hair
7. Always make sure you wash your hands after using the toilet. The number of germs on the fingertips doubles after a visit to the lavatory!

#### 2. HOW TO WASH YOUR HANDS

It is surprising how many do not know how to wash their hands properly. Rinsing the fingertips under a cold tap is simply not adequate. In order to ensure that your hands are thoroughly cleaned when washing them, follow these simple guidelines.

1. Use warm water
2. Remove any rings and jewellery
3. Wet the hands thoroughly
4. Apply soap
5. Rub the palms together vigorously for at least 15 seconds
6. Rub the fingers, thumbs and wrists
7. Pay particular attention when washing the area between the thumbs
8. Rinse until all traces of soap have been washed away
9. Dry thoroughly with a clean paper towel or electric hand dryer. These methods are preferable to using a towel as these can be a breeding ground for germs

It is essential that you dry your hands thoroughly after washing. Remember that germs spread 1000 times more easily from damp hands.

#### 3. PERSONAL HYGIENE TIPS

Never work with food if you are ill. This is particularly the case if you are suffering from gastrointestinal problems such as diarrhoea.

Cover all cuts, burns and sores with a waterproof dressing. These should be blue and metal detectable. If such dressings are not readily available, speak to your Health and Safety Manager.

Make sure your clothing is cleaned thoroughly. If your clothing should become dirty change it if possible.

Remove all jewellery before preparing food. The areas under watches and rings are breeding grounds for germs!

Always wear the appropriate head-gear when working with food and never brush or comb your hair. A single hair follicle can harbour tens of thousands of germs

Avoid touching your ears, nose, hair and teeth when working with food. We all get itches but if you should touch these areas, be sure to wash your hands afterwards.

Never cough, spit, sneeze or smoke near food. If you do cough or sneeze into your hands, be sure to wash them both thoroughly afterwards.

Keep nails short and well scrubbed. Do not wear nail varnish or false nails as these can easily contaminate food

**NO SMOKING in this area.**

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