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## HYGIENE IN FOOD-SERVICE AND MASS CATERING ESTABLISHMENTS

PERSONAL HYGIENE, CLEAN PREMISES AND KITCHEN UTENSILS  
AS WELL AS HYGIENIC HANDLING OF FOOD PREVENT  
FOODBORNE DISEASES ("FOOD POISONING")

### IMPORTANT RULES

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#### PERSONAL HYGIENE

◆ **Wear clean clothes!**

*Why?* To avoid contaminating food with microorganisms and any foreign objects. The cleaner the clothes, the lower the risk of contamination.

◆ **Always cover your hair while working in the kitchen!  
Use headgear provided!**

*Why?* Because this prevents hair from falling into food.

◆ **Remove jewelry (rings, watches) before starting work!**

*Why?* Jewelry makes handwashing less effective.

◆ **Hands should always be washed before work and especially after visiting the toilet!**

*Why?* Hands can be contaminated with disease-causing microorganisms, particularly after visiting the toilet. In some situations, use of gloves may be advisable.

◆ **If suffering from an illness involving any of the following:**

**Jaundice**

**Sore throat**

**Diarrhoea**

**Skin rash**

**Vomiting**

**Other skin lesions (boils, cuts, etc., however small)**

**Fever**

**Discharge from ear, eye and nose**

**report to the employer before commencing work!**

*Why?* It may be necessary to be temporarily assigned to another task.

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- ◆ **Wounds on hands and arms should be carefully bandaged with waterproof material!**

*Why?* Wounds may be infected with microorganisms which cause diseases.

- ◆ **Turn away from food and cover your nose and mouth when sneezing/coughing!**

*Why?* Even healthy people have microorganisms in their nose and throat. Use a paper handkerchief which should then be thrown away. Hands should be washed afterwards.

- ◆ **Refrain from smoking!**

*Why?* Cigarette ash and butts can fall into food.

## **HYGIENIC HANDLING OF FOOD**

- ◆ **Perishable food should be stored under refrigeration!**

*Why?* Multiplication of most microorganisms is slowed down or sometimes stopped by chilling. Therefore food should be cooled to a temperature of 10°C, preferably lower.

- ◆ **Perishable food should not be stored too long, even at refrigeration temperature!**

*Why?* Chilling prevents the growth of many microorganisms. For some, however, chilling only slows down the growth.

- ◆ **Thoroughly defrost frozen meat and poultry before cooking!**

*Why?* If all parts are not completely defrosted, the temperature increase in some thicker parts of the product, e.g. chicken breast, may not be sufficient to kill all microorganisms during cooking.

- ◆ **Discard all drips accumulated during defrosting of meat and poultry, and thoroughly wash refrigerator shelves, table tops or utensils if soiled!**

*Why?* These drips may contain disease-causing microorganisms.

- ◆ **Cook food thoroughly!**

*Why?* Thorough cooking will kill microorganisms. But remember that thorough cooking means that all parts of the food must reach a temperature of at least 70°C. Use special thermometers if in doubt!

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◆ **Keep cooked food hot - at a temperature of at least 60°C!**

*Why?* Most microorganisms multiply at temperatures between 10 and 60°C. Therefore, food which is ready for consumption, but needs to be stored for some time, should be kept either hot (more than 60°C) or be cooled quickly (below 10°C).

◆ **Refrigerate cooked food in shallow containers!**

*Why?* Shallow containers allow for faster cooling than deeper pans.

◆ **Reheat cooked food to at least 70°C!**

*Why?* Proper reheating kills microorganisms which may have developed during storage. This rule also applies when left-overs are added to freshly cooked food.

◆ **Keep cooked food separate from raw food!**

*Why?* This reduces the risk of cross-contamination.

◆ **When preparing mixed dishes, which will be consumed cool, e.g., potato or noodle salads, always cool the cooked component before adding other ingredients!**

*Why?* Large amounts of hot food cool down very slowly, and during that period microorganisms from other ingredients may multiply.

◆ **All work with perishable food must be carried out quickly!**

*Why?* The longer the food is exposed to the warmth of the kitchen, the higher is the risk of an increase in microorganisms.

◆ **Cooked food should not be touched by hand!**

*Why?* Microorganisms are present even on a clean hand and may be transferred to food.

## **PREMISES AND KITCHEN UTENSILS**

◆ **Keep kitchen area and adjoining rooms clean!**

*Why?* Every food scrap, crumb or spot is a potential reservoir of germs.

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◆ **Keep kitchens tidy!**

*Why?* Tidy kitchens are more easily kept hygienically clean. Personal belongings, for example, should be left in the cloakrooms provided.

◆ **Frequent cleaning up as you go along ensures hygienic kitchens!**

*Why?* Dried and encrusted left-overs are hard to remove from surfaces and utensils. The working area must therefore be cleaned thoroughly after each process of production.

◆ **Cloths and drying towels that come into contact with dishes and utensils should be changed every day!**

*Why?* Thorough washing at high temperatures removes dirt and kills micro-organisms. Separate cloths should be used for cleaning the floors, and these also require frequent washing.

◆ **Protect kitchen and storage area from insects and other vermin!**

*Why?* These pests may carry disease-causing organisms.

◆ **Keep dangerous/poisonous substances, e.g. detergents, disinfectants and insecticides outside the kitchen area in labelled and closed containers!**

*Why?* Accidents can easily occur when food and poisonous substances are confused.

◆ **Avoid overcharging the cold-storage equipment!**

*Why?* This leads to a slow and ineffective chilling of the food, which may promote an increase in microorganisms.

◆ **Do not change dish washer timings/techniques/temperatures!**

*Why?* Food particles may remain on the objects in dish washers and bacteria may survive if the temperature is not correct or the specified amount of detergent is not used or the timing is inadequate. The manufacturers' guidelines must be followed when using equipment.



For further information contact:

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