

WASHING

Module 1 – Hygiene

HYGIENE

Hygiene is defined as the many practices that help people be and stay healthy. It also deals with the promotion and preservation of health.

Module 1 – Hygiene (continued)

PERSONAL HYGIENE DURING THE HANDLING OF FOOD

Personal hygiene must play an essential part in the day-to-day running of any safe food operation. To be effective, personal hygiene should be a part of everyday habits as soon as food handlers start working in the industry. Good personal hygiene includes thorough and regular washing one's body (especially hands), washing one's hair, brushing and flossing teeth, and caring for feet.

Module 1 – Hygiene (continued)

FACTORS INFLUENCING HYGIENE

- The condition of the area - all areas surrounding the facility should be clean.
- Construction and condition of the building – the premises should not permit entry for or harbour pests.
- Water supply – pipes and general plumbing must be well insulated and boxed in to prevent pests from entering the facility.
- Handling of food and other stock – food preparation areas should be kept clean, and food handlers maintain good standards of personal hygiene at all times.

Module 1 – Hygiene (continued)

HYGIENE PROCEDURES IN THE WORK AREAS

- Washing hands and disinfecting all work surfaces is the starting point
- Clean as you go.
- Avoid over handling of food,
- Mop up any spills immediately to prevent slipping.
- Keep the waste bin closed at all times and discard all refuse daily.
- Throw away broken and chipped crockery as cracks are ideal for germs to harbour in.
- Clean all surfaces, including floors, after each shift.

Module 1 – Hygiene (continued)

HYGIENE PROCEDURES IN STORAGE AREAS

All non-perishable food items are stored in the dry store, and the dry store has specific environmental conditions which should be adhered to.

Store meats and other cold foods in cool storage areas before moving them to refrigerators.

Make sure freezers are regularly cleaned.

Module 1 – Hygiene (continued)

CONTROL MEASURES

Receiving: Ingredients should be bought from reputable suppliers.

Inspecting: Items should be checked to see whether the quality and quantity is good.

Handling: Those handling the food should practice good personal hygiene.

Storing: Items should be stored for only as long as they are good and should be allowed to ripen if needed to be at room temperature.

Leftovers: Reheating should be avoided – especially not more than once.

Module 1 – Hygiene (continued)

PEST CONTROL

‘Pests’ are defined to include, but are not limited to, birds, rodents, insects and arachnids (spiders). To practice safe pest control:

- Food premises are to be kept clean and maintained in good repair and condition.
- Windows are to be fitted with insect-proof screens which can be removed for cleaning.
- Adequate procedures are to be in place to control pests.
- Reduce the supply of food, access routes and shelter for pests.

Module 1 – Hygiene (continued)

COMPILING A CLEANING SCHEDULE

When setting up a cleaning schedule, the following steps can be used as a guideline:

1. Identify what needs to be cleaned.
2. Identify how often it needs to be cleaned.
3. Identify who will be cleaning.
4. Identify what chemicals or cleaning agents will be used to complete the task.
5. Identify what precautions are needed to protect the person carrying out the task.
6. Monitor the schedule.
7. Revise the adequacy of the cleaning schedule.