

## **Food Handlers Manual Highlights**

### **Person in Charge**

-One person must know all food handler safety rules and train food service staff to follow the rules and regulation while running the operation

-A PIC (person in charge)

-The manager is responsible for training food handlers about food safety in their job duties. These duties include preventing foodborne illness by storing food in a manner to prevent contamination

-The managers most important food training responsibility is training employees to report when they are sick

### **Rules for Food Handlers and Illness**

-The five symptoms of illness that a food handler must report to their manger are: fever, sore throat, jaundice (dark tea colored urine), diarrhea, and vomiting

-Diarrhea and vomiting must cease for twenty-four (24) hours before a food service employee may return to work

-If a food handler were to tell the kitchen manager that he or she had diarrhea the kitchen manager would then put that employee on sick leave and send them home

-When a food handler has a fever and a runny nose they need to talk to their manager about their symptoms

### **Food Handlers Washing Hands and Wearing Gloves**

-Proper hand washing involves wetting and scrubbing hands with soap and warm water for at least twenty seconds

-Using hand sanitizer only helps with food safety after the hands have been washed properly with soap and warm water

-Before touching ready-to-eat food with their hands food handlers must wash their hands with soap and warm water

-If a food handler decides to wear latex free disposable gloves they must properly wash their hands before putting a new pair

### **Required Cooking Temperatures and Germ Awareness**

-The “Danger Zone” consists of the temperatures between 41 degrees and 135 degrees

-All ready to eat food must be discarded after four hours in the “Danger Zone”

-The required temperature for cold holding food is 41 degrees or below

-The required temperature for hot holding food is 135 degrees or above

-Stirring hot food in pans, keeping lids on pans, and pre-heating hot plates or warmers before putting food on them are a few ways to help keep food hot more efficiently

-Each type of meat has a required cooking temperature. When required internal cooking temperatures are properly followed all germs in that type of meat are killed

-The required internal cooking temperature for ground beef is 155 degrees. Ground beef must be cooked to this temperature in order to kill all of the germs

-Internal Stem Probe thermometers are the most accurate internal meat thermometers and must be used in the thickest part of any meat

-Germ growth is controlled by temperature

-Refrigeration units, salad bars, and other cold items must be kept at 41 degrees or below

-All equipment including utensils, dishes, and cutting boards must be properly washed, rinsed, and sanitized after each use

### **Foodborne Illness Awareness for Employees and Equipment**

-Food that is contaminated will often look smell and taste the same as food that is not contaminated

- If there is ever any doubt about the safety of a food product then it should be discarded immediately and the person in charge should be notified
- Foodborne illness can be caused by simply cleaning dirty dishes and then preparing a salad directly after
- Three known causes of foodborne illness are poor hand washing, lack of temperature control, and food contamination
- If a chef handles raw sausage and then touches cooked pancakes the raw sausage from his hands can contaminate the pancakes
- Food Handlers can contaminate food when they have an infected wound or injury
- The most important reason to properly wash and sanitize a cutting board is to prevent contamination from one food to another
- Foodborne illness can have several symptoms including vomiting and diarrhea

## **Food and Chemical Safe Storage**