

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

- Know what the directions say for using chemicals. Read the labels and talk to your manager about when to use them and how much to use. **Be sure you understand and follow the directions!**
- Keep chemicals away from food and clean utensils. If chemicals must be stored in the same room, be sure they are stored in their own area. The area should be below food and utensils, so there is no chance of chemicals splashing onto the food and utensils.
- Can you read the labels? Are they easy to see? If they are not, ask your manager to re-label them so that everyone can read them.
- Keep all chemicals in the bottles or boxes they come in. If you put them in a different container, label them clearly.