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## Food handlers can contaminate food when they

Print & Share (PDF)Español (Spanish)The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called “food poisoning.” The Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.Know the SymptomsConsuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Symptoms of foodborne illness can include: vomiting, diarrhea, and abdominal pain – and flu-like symptoms, such as fever, headache, and body ache.Handle Foods SafelyAlthough most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. In addition, some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, or diabetes). To keep your family safer from food poisoning, follow these four simple steps: clean, separate, cook, and chill.CLEAN Wash hands and surfaces oftenWash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.With canned goods, remember to clean lids before opening.SEPARATESeparate raw meats from other foodsSeparate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.Don't reuse marinades used on raw foods unless you bring them to a boil first.COOKCook to the right temperatureColor and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.Bring sauces, soups and gravy to a boil when reheating.CHILLRefrigerate foods promptlyUse an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.Always marinate food in the refrigerator.Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.Safe Minimum Internal Temperaturesas measured with a food thermometerFood TypeInternal temperatureBeef, Pork, Veal, and Lamb (chops, roasts, steaks)145oF with a 3 minute rest timeGround Meat160oFHam, uncooked(fresh or smoked)145oF with a 3 minute rest timeFirm, fully cooked(to reheat)140oFPoultry(ground, parts, whole, and stuffing)165oFEggsCook until yolk & white are firmEgg Dishes160oFFin Fish145oF or fresh is opaque & separates easily with forkShrimp, Lobster, and CrabsFlesh pearly & opaqueClams, Oysters, and MusselsShells open during cookingScallopsFlesh is milky white or opaque and firmLeftovers and Casseroles165oFReport a Problem!If you think that you or a family member has a foodborne illness, contact your health care provider immediately. To report a complaint or adverse event (illness or serious allergic reaction), visit Industry and Consumer Assistance. Personal hygiene is how you care for your body. There are many aspects of good personal hygiene that you need to practice as a food handler to keep food safe. This article explains the role of personal hygiene in preventing foodborne illnesses and how to ensure good personal hygiene as a food handler. Ensuring good personal hygiene is key to preventing the spread of foodborne illnesses. Most foodborne illnesses are infections caused by disease-causing organisms called pathogens. These pathogens include bacteria, viruses, fungi, and parasites. However, chemicals or physical objects are food hazards that can also contaminate food and cause foodborne illnesses. Practicing poor personal hygiene is one of the most common reasons foodborne illnesses develop and spread (1). This is because there are numerous ways food handlers can contaminate food throughout its flow. As a food handler, you can contaminate food when you: have a foodborne illness have an open wound that contains a pathogen have cold symptoms have long nails or jewelry have contact with a person who is ill touch something that contaminates their hands and does not wash them The simplest but most important things you can do to practice good hygiene are to wash your hands whenever they become contaminated and avoid bare-hand contact with ready-to-eat (RTE) foods. Except in certain situations, there must always be a barrier between your hands and RTE foods. This barrier may be food-safe gloves, tongs, deli tissue, or other serving utensils. Beyond these practices, there are other things you must do to ensure good personal hygiene and keep food safe. Summary Poor personal hygiene is one of the most common ways through which foodborne illnesses occur and spread. Good handwashing practices and handling RTE foods with a single-use glove or other barrier are simple but effective things you can do to keep food safe. Good personal hygiene can prevent the development and spread of foodborne illnesses. Therefore, it's essential that you maintain good hygienic practices as a food handler. When long, jagged, or both, fingernails harbor bacteria and other germs that may contaminate foods. As such, you should keep your fingernails trimmed, filed, and maintained so the edges are smooth. Fingernail polish and artificial nails are also potential sources of contamination so you should avoid them unless you wear single-use gloves at all times. In this case, don't forget to change your gloves — making sure to wash your hands prior to each glove change — whenever they become contaminated. Jewelry such as bracelets, watches, and rings are excellent hiding spots for bacteria, dirt, and other debris that can get into foods. Jewelry — whether the whole piece or pieces — may also land in food, resulting in physical contamination. As such, you can not wear these types of jewelry. However, you usually can wear plain rings like wedding bands without stones or etching since they are smooth and don't offer a good hiding spot for pathogens. If you choose to wear a plain ring, remember that it can still fall into food so you must be careful. Medical information jewelry on your wrist can also act as a reservoir for pathogens, but you can wear this jewelry in the form of a necklace or anklet. Like jewelry, your clothing can harbor pathogens, dirt, and other debris. Touching your clothing can then contaminate your hands and consequently food-contact surfaces or the food you're handling. Food may also come in direct contact with dirty clothing. Therefore, always wear clean outer clothing to reduce the risk of food contamination and send a positive message about the establishment's level of sanitation to your customers. If possible, change into your work clothes at work so you don't bring outside pathogens into the kitchen. Remove aprons when leaving food preparation areas — for example, if you have to use the restroom or take the trash out — and never use your apron or chef coat to wipe your hands. Eating, drinking, and using tobacco can easily spread pathogens through saliva droplets and direct contact with your hands, food, and food-contact surfaces. Therefore, you should only engage in these activities in designated areas where contamination cannot occur. Your manager may allow you to drink beverages from a closed container if steps are taken to prevent contamination. Store backpacks and other personal items where they cannot contaminate food. Bodily discharges of saliva and mucus from persistent sneezing, coughing, or a runny nose can directly contaminate exposed food and clean equipment, utensils, linens, and single-use articles like gloves. Therefore, you should always sneeze or cough into your elbow and away from food and food-contact surfaces and then wash your hands. If you cannot control your sneezing, coughing, or runny nose, your manager may assign you to a different duty where food contamination cannot occur. You should also avoid chewing gum while serving or preparing food as saliva droplets can contaminate food. Hair can contaminate food directly if it falls into or touches food. It can also indirectly contaminate food if you touch your hair and then continue to prepare food without washing your hands. A hair restraint, such as a hat, hair covering or net, and beard restraint keeps hair from falling into or touching food and reduces the urge to touch your hair. Also, avoid wearing artificial eyelashes as they can fall into food. Like humans, dogs and other animals can harbor pathogens that can contaminate food. Therefore, you should not handle or care for animals due to the risk of contamination. Summary There are many factors to good personal hygiene that you must follow to keep food safe. Your responsibility as a food handler is to prevent foodborne illnesses by serving safe food. But, there may be times when you become sick or even develop a foodborne illness. Common symptoms of a foodborne illness, include: vomiting diarrhea jaundice (yellowing of the skin and eye whites) sore throat with a fever Out of caution to prevent the spread of pathogens, you must notify your manager or the person in charge immediately if you have any one of these symptoms. You should also let your manager know if you have an infected wound. Signs and symptoms of an infected wound include pain, swelling, redness, and pus or fluid discharge or drainage. If you have an infected wound on your hand, cover it with a waterproof bandage and wear a single-use glove. If the wound is on your arm or other parts of your body, cover it with a durable bandage. Wearing a single-use glove over a bandage on your hand or fingers keeps the bandage in place and out of food while also reducing the chance that discharge from the infected wound spreads to food. Some foodservice operations require food handlers to wear a brightly colored bandage around the wound so they can more easily identify it if it falls into food. The skin naturally carries pathogens like Staphylococcus aureus or staph. Infected wounds can also contain this bacteria, which can make people sick if it gets into foods. You should also let your manager know if you have been diagnosed or exposed to one of these foodborne illnesses: norovirus hepatitis A Shigella Shiga toxin-producing E. coli (STEC) Salmonella typhi (typhoid fever) Salmonella (nontyphoidal) These pathogens are known as the “Big 6.” They spread easily through food and can make many people sick. Summary If you experience foodborne illness symptoms or know that you have been exposed to or have a foodborne illness, let your manager know immediately. If you have an infected wound, cover it with a waterproof bandage and wear a single-use glove. There are many aspects to good personal hygiene that you must practice to keep food safe. Wash your hands often, avoid bare-hand contact with RTE foods, and practice other good personal hygiene habits. Finally, let your manager know if you are experiencing certain symptoms or if you have been exposed to or have a foodborne illness. Maintaining food safety is a critical requirement in the food industry—protecting consumer health and ensuring compliance with regulations. One of the most significant threats to food safety comes from employees themselves. Understanding the conditions under which employees can contaminate food is essential for restaurant owners, food handlers, and consumers alike. In this article, we'll take a comprehensive look at the various ways employees can inadvertently or intentionally contaminate food, the risks involved, and strategies to mitigate these issues. The Importance of Food Safety Food safety refers to the proper handling, preparation, and storage of food to prevent foodborne illnesses. According to the Centers for Disease Control and Prevention (CDC), millions of Americans experience food poisoning each year, leading to severe illness and even fatalities. Maintaining stringent food safety practices is crucial in reducing these risks, especially in establishments where food is handled by numerous employees. How Contamination Occurs Food contamination primarily occurs in two forms: Biological Contamination Chemical Contamination Understanding how employees contribute to these types of contamination is vital for prevention. Biological Contamination Biological contamination involves pathogens such as bacteria, viruses, and parasites. It often happens due to improper handling or hygiene practices. Sources of Biological Contamination Employee Hygiene: Poor personal hygiene is one of the primary culprits. Employees who fail to wash their hands correctly after using the restroom, handling raw food, or touching their face can transfer pathogens to food. Illness: Employees suffering from foodborne illnesses can directly contaminate food with viruses such as Norovirus or bacteria like Salmonella and E.coli. Chemical Contamination Chemical contamination results from harmful substances coming into contact with food. Employees play a vital role in preventing such contamination. Sources of Chemical Contamination Cleaning Agents: Improper storage or use of cleaning chemicals can lead to residues contaminating food surfaces. Pesticides: Fruits and vegetables treated with pesticides can pose a risk if not properly washed. Key Situations When Employees Can Contaminate Food While employees are generally trained to handle food safely, several specific scenarios can undermine these efforts, leading to potential contamination. 1. Inadequate Handwashing Practices Handwashing is the first line of defense against food contamination. Employees might neglect this critical step due to time constraints or lack of proper facilities. Common Scenarios Leading to Inadequate Handwashing Before Food Preparation: Employees often prepare food immediately after handling raw meats without washing their hands. After Using the Restroom: If employees do not wash their hands thoroughly, they put all food at risk. Tip: Establish clear handwashing protocols and ensure that employees have easy access to handwashing stations equipped with soap and disposable towels. 2. Working While Ill Even with proper training, employees sometimes work while sick, ignoring the vital importance of staying home when experiencing symptoms of foodborne illnesses. Key Symptoms of Foodborne Illness to Monitor Nausea Diarrhea Vomiting Jaundice Fever Tip: Implement a strict policy encouraging employees to report illness and stay home when experiencing any symptoms. 3. Cross-Contamination Cross-contamination can occur in numerous situations and happens when pathogens transfer from one food item to another or from surfaces to food. Common Practices Leading to Cross-Contamination Using the Same Cutting Board: Preparing raw meat and vegetables on the same cutting board without proper sanitation can lead to contamination. Improper Storage: Stacking raw and cooked foods on the same shelf can lead to drips or spills that contaminate safe food. Tip: Designate separate equipment and storage areas for raw and cooked foods to minimize cross-contamination risks. 4. Improper Food Storage Storing food at incorrect temperatures is another way employees can contaminate food. Examples of Mismanagement in Food Storage Temperature Abuse: Leaving perishable items out of refrigeration for too long can promote bacterial growth. Inadequate Coverage: Foods without proper wrapping or sealing can absorb contaminants from surrounding areas. Tip: Regularly train employees on safe food storage practices, ensuring food is labeled correctly and maintained at recommended temperatures. The Role of Employee Training in Contamination Prevention Training employees on food safety practices is crucial for minimizing contamination risks. Comprehensive training programs should cover the following topics: 1. Personal Hygiene Employees must understand the significance of handwashing and maintaining personal cleanliness to handle food safely. 2. Safe Food Handling Techniques Training must emphasize the importance of safe food handling practices. This includes guidelines on avoiding cross-contamination, understanding temperature controls, and knowing when to discard spoiled food. 3. Recognizing Foodborne Illness Symptoms Employees should be made aware of the symptoms of foodborne illnesses and the importance of reporting them, as many people are unaware of their responsibilities when feeling unwell. Implementing Effective Policies to Minimize Contamination Risks Establishing robust food safety policies goes a long way in combating food contamination issues. 1. Clear Employee Guidelines An employee handbook should include specific food safety guidelines that outline every staff member's duties in maintaining cleanliness and food safety. 2. Daily Checklists Creating daily checklists for food safety inspections can help ensure that food handling, storage, and preparation practices remain consistent and effective. 3. Regular Training and Refresher Courses Consistent training sessions should be established to keep employees informed of the best practices, procedures, and any changes in regulations. 4. Establishing a Culture of Safety Promoting an overall culture of food safety within the establishment can motivate employees to prioritize cleanliness and food safety, significantly reducing contamination risks. The Consequences of Food Contamination Food contamination poses significant risks not just to consumer health but also to establishments, including: Legal Repercussions: Non-compliance with food safety regulations can result in hefty fines and legal actions. Loss of Reputation: Outbreaks of foodborne illnesses can lead to negative public perception and loss of customers. Financial Losses: Affected businesses often find themselves facing litigation costs, medical bills, and decreased revenue. Conclusion Understanding when employees can contaminate food is essential for anyone involved in food handling. By emphasizing proper hygiene, training, and robust policies, establishments can significantly reduce risks, protect their customers, and maintain their reputation in the food service industry. Ultimately, ensuring food safety is a shared responsibility among all employees, and organizations that prioritize this will thrive in a competitive industry. Regular assessments and ongoing education about food safety can foster a proactive approach towards contamination prevention, keeping both employees and consumers safe. What are the primary ways employees can contaminate food? Employees can contaminate food through various means, including poor personal hygiene practices. Simple actions, like not washing hands after using the restroom or touching their face, can transfer harmful bacteria and viruses to food. Additionally, handling raw foods and then ready-to-eat foods without proper sanitation can lead to cross-contamination. Another significant way is through improper storage and handling of food. If employees do not adhere to temperature controls, such as leaving food out too long at room temperature or failing to adequately cover food in storage, this can lead to the growth of pathogens. Ensuring employees are trained and constantly reminded about food safety protocols is essential to minimize these risks. How can improper personal hygiene contribute to food contamination? Improper personal hygiene is a leading cause of foodborne illnesses. Employees who neglect handwashing, especially after using the restroom, can transfer harmful bacteria like E. coli, salmonella, and norovirus to the food they handle. Moreover, employees who wear dirty clothes or do not maintain personal cleanliness can also pose a risk, as bacteria can be transferred from their bodies or clothing to the food. It's crucial for food establishment workers to be trained in proper hygiene practices. Regular training sessions on the importance of handwashing and maintaining clean uniforms, along with easy access to handwashing stations, can help control this risk. The establishment should also enforce policies that require employees to report any illness that might affect food handling. What role does training play in preventing food contamination? Training is vital in ensuring that employees understand the risks associated with food contamination and the appropriate safety measures to implement. Comprehensive food safety training programs educate staff on critical topics such as hygiene practices, temperature control, and the importance of avoiding cross-contamination. When employees are well-informed, they are more likely to adhere to safety protocols. Regular refresher courses and updates on food safety guidelines also help reinforce the significance of these practices. Investing in effective training not only helps to minimize contamination risks but also cultivates a culture of safety within the organization aimed at protecting both the staff and consumers. How can cross-contamination occur in a food preparation area? Cross-contamination can occur in a food preparation area when harmful bacteria or allergens are transferred from one food item to another. This often happens when raw foods, such as meats, are cut on the same surface as vegetables intended to be eaten raw without proper cleaning in between. This transfer can lead to serious foodborne illnesses. Additionally, using the same utensils for different food types without adequate cleaning in between is another way cross-contamination occurs. To combat these issues, establishments must implement strict protocols for separating raw and ready-to-eat foods and ensure that all surfaces and equipment are properly sanitized after each use. What should employees do if they are feeling ill? If employees are feeling ill, particularly with symptoms of gastrointestinal distress, it is crucial that they report their condition to a supervisor immediately. Working while sick increases the risk of spreading bacteria and viruses to food, which can lead to significant health risks for consumers. Employees should be encouraged to take time off when they are unwell to prioritize the safety of both themselves and their patrons. Food establishments should have policies in place to address illness among staff. These policies should clearly outline the procedures for reporting illness, the expected response from management, and the importance of not returning to work until fully recovered. This proactive approach not only protects customers but also promotes a more health-conscious workforce. What measures can be taken to ensure food safety in the workplace? To ensure food safety in the workplace, several measures can be implemented. Firstly, regular training on food safety practices and the importance of personal hygiene should be mandatory for all employees. This education should cover topics such as proper handwashing techniques, safe food handling practices, and guidelines for reporting illnesses. In addition to training, implementing strict sanitation protocols is essential. This includes routine cleaning schedules for food preparation areas, equipment, and utensils, as well as clear guidelines for storing food at appropriate temperatures. Establishing a food safety monitoring system can help ensure that these practices are followed consistently and that any potential hazards are swiftly addressed. Food contamination happens when something gets into food that shouldn't be there, rendering it unsafe to eat. Contaminated food can have dire consequences for the person who eats it, and for the business who sold it. There are three types of food contamination: biological, chemical and physical contamination. Serving contaminated food can lead to food-borne illness outbreaks, allergic reactions and injuries. Food Handlers must be aware of the risks of food contamination, as well as complete training to handle food safely, practise good personal hygiene and prevent cross-contamination, which is the transfer of contaminants, to protect customers and the food establishment. Learn more about each type of contamination, how they happen, and ways to prevent them. Biological contamination Biological contamination is when disease-causing bacteria or other harmful microorganisms called “pathogens” contaminate food and are consumed; it is a common cause of food poisoning and food spoilage. Bacteria are small microorganisms that split and multiply very quickly. In conditions ideal for bacterial growth, one single-cell bacteria can become two million in just seven hours. Certain types of bacteria also produce bacterial toxins in the process of multiplying and producing waste. Bacterial toxins can be very dangerous. In fact, botulinum, the bacterial toxin that causes botulism, is the most potent natural poison known.It's important to remember that all foods can harbour dangerous pathogens. Norovirus, for example, doesn't grow or multiply on food, but it can survive for days or even weeks on any type of food and is a leading cause of food-borne illness in Australia.HIGH-RISK FOODSCertain foods are more vulnerable to biological contamination than others because they provide everything bacteria need to survive and multiply — food, water and neutral acidity (pH). These are called high-risk foods.When high-risk foods are left in the Temperature Danger Zone (5°C - 60°C) for too long, Food Handlers provide the other conditions bacteria need to grow — time and the right temperature. To slow down bacteria growth and minimise the risk of biological food contamination, Food Handlers must always follow safe food handling practices: Keep high-risk foods (e.g. meat, poultry, seafood, eggs, dairy) out of the Temperature Danger Zone. Properly purchase, store, thaw, prepare, cook and serve high-risk foods. Follow a regular cleaning and sanitising schedule for all food contact surfaces and equipment, and ensure you are following the correct steps for cleaning and sanitising. Maintain high standards of hygiene and sanitation of the premises, including personal hygiene for all staff. Chemical contamination Chemical contamination occurs when chemicals get into food. Common sources of chemical contamination in a commercial kitchen include: Kitchen cleaning agents: Never keep food stored in the same place as your cleaning chemicals, and always use cleaning products designed especially for kitchen use. Unwashed fruits and vegetables: Pesticides and fungicides on fruits and vegetables can be harmful if ingested, so it's important to properly wash all fruits and vegetables before preparing them. Food containers: Never from non-food grade plastics: Single-use items like plastic containers are not designed to be reused again and again. Always store food in containers that are food grade and specially designed for reuse. Pest control products: Pest control products are extremely hazardous. Always store these products away from food items and never use these products in areas where food is being prepared. Kitchen equipment: Equipment with moving parts, such as slicers and mixers, may need regular oiling. Always use food-safe oil to prevent chemical residues from contaminating food. Physical contamination Physical contamination happens when physical objects enter food. Common sources of physical contamination include: Hair: Always wear hair neatly tied back and wear a hairnet if possible. Glass or metal: Cracked or broken crockery and utensils should be thrown away, as well as any food that might have come into contact with it. Pests: Pests — such as mice, rats and cockroaches — leave droppings (urine, saliva, fur, faeces) that can contaminate food. Pests themselves can also make their way into food. Jewellery: It is not recommended to wear jewellery when handling food. In some regions, it may be restricted by local laws or regulations. Dirt: Because dirt is so small, it's easy not to notice it. Dirt often gets into food via unwashed food and vegetables. Fingernails: Always keep nails short and clean to prevent contamination. Avoid wearing fake nails as these can easily fall off and contaminate food. Cross-contamination In a food setting, cross-contamination refers to the transfer of contaminants from a surface, object or person to food. This can happen in many different ways. Common causes of cross-contamination include: Clothing: Dirty clothes can transport bacteria from one place to another. If possible, clothing should be replaced when moving from one work area to another. You should also thoroughly wash your face and hands. This is especially important when working with high-risk foods or when preparing allergen-free meals. Utensils: Different utensils should be used to prepare different types of foods. For example, you should never use the same chopping board or knife to prepare raw meat and ready-to-eat foods. Food Handlers: Coughing, sneezing or even touching your face or hair before handling food can cause cross-contamination. Washing hands regularly when handling food is essential. Display the AIFS Correct Hand Washing Method Poster around all hand washing stations to remind staff of the proper steps to take. Pests: Flies, cockroaches, mice and rats carry harmful bacteria, which they can transport from one place to another. Pest control is vitally important in the workplace when it comes to preventing cross-contamination. Learn more about how to effectively prevent pests from getting into your food business with the AIFS Guide to Pest Prevention and Control. Raw food storage: Cross-contamination frequently occurs when raw food comes into contact with cooked or ready-to-eat food. If this happens, it's fair to assume the cooked or ready-to-eat food has become contaminated. Raw food should always be covered and stored below ready-to-eat food in the refrigerator to prevent this type of contamination. Waste control: Garbage should be stored and sealed correctly to prevent cross-contamination. It should always be stored away from other items in the kitchen to ensure it never comes into contact with food during preparation. Regular cleaning and sanitising of waste bins should also be carried out to minimise the risk of pest infestation. Preventing food contamination As a food handler, it's important to remember that contamination can happen many ways, and sometimes in unexpected or overlooked places. The best way to prevent food contamination from happening in a food business is through food safety training and education. Food Handlers must be trained in fundamental food safety concepts and practical skills, such as: Safe cooking temperatures Proper storage and preparation of high-risk foods (also called 'potentially hazardous foods') Effective cleaning and sanitising techniques The importance of personal hygiene and their legal responsibilities with regards to food safety AIFS provides online food safety training for all levels of responsibility in a food business or organisation, including the nationally recognised online Food Handler Course and Food Safety Supervisor Course.Find the Food Safety Course for your needs and start your training today! If you have any questions about which training is right for you or your team, contact us and we'll be more than happy to assist.

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