

HEALTH BULLETIN

Food Safety & Personal Hygiene

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The Purpose of this safety campaign is to create awareness on board on Food Safety & Personal Hygiene.

Food Hygiene is more than cleanliness

1) Lack of adequate food hygiene can lead to foodborne diseases

2) Food hygiene are the conditions and measures necessary to ensure the safety of food from production to consumption.

Personal Hygiene

1) One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene

2) Good personal hygiene is one of the most effective ways to protect ourselves and others from many illnesses.



- It is important to wash all fruit and vegetables before you eat them to ensure they are clean and safe to eat
- When you wash vegetables, wash them under a running tap and rub them under water
- Most of the bacteria will be in the soil attached to the produce. Washing to remove any soil is, therefore, particularly important

5 Steps to FOOD SAFETY


1	2	3	4	5
Be Clean, Be Healthy	Keep It Cool, Keep it Hot	Don't Cross-Contaminate	Wash, Rinse, & Sanitize	Cook It & Chill It
 Wash hand when necessary  Do not work with food if you are ill  Never touch ready-to-eat food with bare hands	 Keep cold foods at 41°F / 5°C or below  Keep hot foods at 140°F / 60°C or above	 Don't store raw foods over cooked or ready-to-eat foods. Never prepare ready-to-eat foods on the same surface or with the same utensils used to prepare raw animal proteins.	 1. Wash  2. Rinse  3. Sanitize Properly wash, rinse and sanitize all food contact utensils and equipment	 Cook food until it reaches a proper internal temperature.  Rapidly cool food to 41°F / 5°C or below.

You can't see, smell, or taste bacteria, but they can be in and on your food!

- *Wash hands & surface often*
- *Cook foods to proper temperature*
- *Don't' Cross Contaminate*
- *Use Fresh & Wholesome food and water from surface source*
- *Refrigerate food promptly*

- *If you want to minimize the risk of infection and enhance your overall health, follow these basic personal hygiene habits.*
- *Good personal hygiene is one of the most effective ways to protect yourselves and others from illness.*
- *Good hygiene is so much a part of your daily routines, be sure that you are practicing, good personal hygiene.*
- *Everybody has their own habits and standards that they have been taught or that they have learnt from others. It is essentially the promotion and continuance of good health.*

FOOD SAFETY Personal Hygiene



The infographic shows a chef from the waist up, with various parts of their body and clothing labeled. On the left, green checkmarks indicate correct practices: hair tucked inside the cap, no earring or necklace/chains, no outer pockets, neat and clean clothes, no wrist watch/rings, covered wounds, short and clean nails, torn clothes repaired or replaced, and wearing clogs and safety shoes. On the right, red X marks indicate incorrect practices: hair coming outside the cap, earring and necklace/chains, outer pocket and contents, dirty clothes, wrist watch/rings, open and bleeding wounds, long and painted nails, and bare foot/slippers.

SAFE FOOD MAKES HAPPY CUSTOMERS

The temperature range between 5°C and 60°C is known as **Temperature Danger Zone**. This is because in this zone food poisoning bacteria can grow to unsafe levels that can make you sick.

- Keep cooked food 60°C or above
- Don't Keep your food in temperature danger zone 5°C to 60°C for more than 2 hours
- Keep chilled food in the refrigerator at 5°C or below

0 to 2 hours

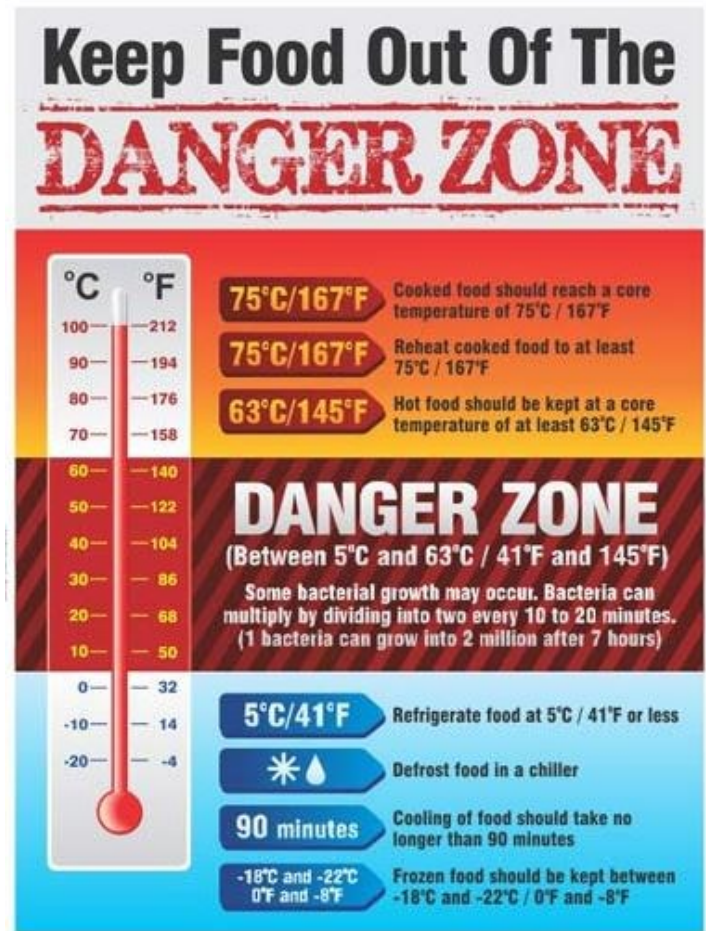
Use immediately, or keep at or below 5°C, or at or above 60°C

2 to 4 hours

Use immediately

More than 4 hours

Throw away



Use different chopping boards: one strictly to cut raw meat, poultry and Seafood; the other for ready-to-eat foods, like breads and vegetables.

Mark them correctly

Wash the chopping board thoroughly in hot soapy water after each use.

Discard old chopping boards that have crack, crevices & excessive knife scars

Galley Safety & Hygiene



Wash your hands after using the toilets



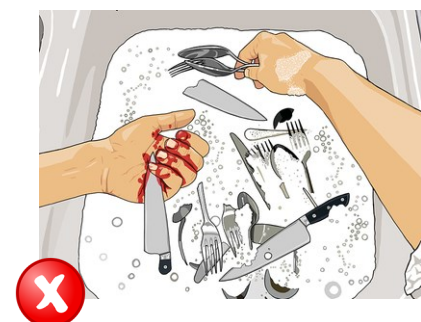
Do not smoke while cooking or when handling food stuff



Always wear clean clothes & maintain clean working surface



Don't get distracted while using sharp instrument / equipment



Be extra vigilant while washing sharp equipments especially in soapy water