

## Section 19 Food Hygiene

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## **Scope**

The following is a summary of guidelines pertaining to the food legislation listed below. IS 340:2007 gives a comprehensive guidance to compliance with Regulation (EC) No. 852/2004.

## **Legislation**

Food premises require conformity to the following relevant food hygiene legislation

- General Food Law Regulations 2007
- S.I 369 (2006) EC (Hygiene of foodstuffs) Regulations 2006
- Regulation (EC) No. 852/2004
- Food Safety Authority of Ireland Act 1998

## **Training**

- The term food handler refers to all staff who deal with preparation, cooking and serving of food or who assist at meal times.
- All staff working with food must be supervised, instructed and/or trained commensurate with their duties.
- Records should be maintained for all food safety training given to staff and retained for the duration of employment.

## **Personal Hygiene of Staff**

- Prior to commencing work, thorough hand washing and drying is essential. Compliance with hand hygiene best practice is recommended and for further details on hand hygiene, please refer to Section 3.
- All staff involved in food preparation and service must wear clean outer clothing and hair must be totally covered i.e. disposable plastic apron over uniform and mop cap. Protective clothing shall be maintained in a clean condition and shall not be worn outside the food premises.
- The use of disposable gloves should not be substituted for hand washing by food handlers.
- Jewellery should be limited i.e. no wrist or hand jewellery, rings - flat band only.
- Hand care, nails cut short and smooth – no nail varnish or artificial nails.
- Food Handlers should ensure that cuts on exposed areas of the skin (hands, arms, face, neck, scalp) are totally covered with a distinctively coloured water proof plaster).
- Food workers shall report immediately any illness or symptoms that may pose a risk to food safety to the person in charge (see Illness Policy below).

## **Structural Hygiene**

- All surfaces including surfaces of equipment in food rooms should be maintained in a good state of repair and be smooth, durable, non absorbent and easily cleanable.
- Walls in food rooms shall be kept free from flaking paint, dampness, condensation or mould.
- All paints used in food rooms should be washable and non-toxic.
- Floor covering should be coved to the wall to eliminate corners where dirt could accumulate.
- All external open-able windows and doors must have fly screens fitted.
- External doors opening into food area must be kept closed unless fitted with a fly screen door.

- Separate designated sanitary accommodation must be provided for food workers.

### **Services and Utilities**

- All equipment should be designed, installed and maintained to facilitate effective cleaning and inspection and where possible mobile.
- All such equipment should be maintained in good order, repair and condition, and be maintained clean.
- Potable water must be available at all times to all food preparation sinks, ice makers and drinking water taps.
- Water storage tanks shall be covered so as to prevent contamination and the tanks shall be inspected at least annually.
- A designated sink must be provided where foodstuffs are washed. Additional sinks shall be provided for the washing of food items such as raw meat or vegetables.
- A mechanical dishwasher and a single deep sink with a drainer must be provided for equipment washing. A dishwasher that can reach a minimum of 82°C should be provided in this area.
- A separate hand washing sink designated solely for staff hand washing with liquid soap and paper towels must be provided in this area.
- In kitchens that are subdivided into different zones more than one wash hand basin must be provided. Wash hand facilities should be knee, foot or elbow operated with mixer units.
- A designated area shall be provided for all waste generated. All bins should be enclosed, fire retardant and pedal operated.
- Adequate lighting shall be provided to ensure safe handling and preparation of food and to ensure that cleaning can be carried out effectively.
- Sufficient ventilation shall be provided in food rooms to prevent condensation on wall and ceilings.
- Mechanical extract ventilation shall be provided over all cooking and steam emitting appliances.

### **Food Handling and Processing**

- There should be no medication, vaccines or specimens stored in food fridges.
- There should be a system of stock rotation – ‘first in first out’ principle.
- All foods should be stored appropriately, within their expiry dates i.e.
  - Perishable foods stored at 5°C or less
  - Frozen foods at -18°C or less
  - Dry goods stored in a well ventilated area
  - Raw food should not be stored above cooked or ready to eat foods
- All unwrapped/exposed food should be stored in food grade containers i.e. containers that will withstand dishwasher temperatures.
- All foods that are being thawed must be protected from physical and chemical contamination. Adequate precautions must be taken to ensure that the thawing process does not result in cross contamination of products and work surfaces.
- Separate works surfaces, equipment and utensils should be provided to prevent the risk of cross contamination between different types of food - colour coding of equipment and utensils and zoning of the kitchen is recommended to achieve this.

## Temperature Control

- Food should be cooked to a core temperature of 75°C or 70°C for 2 minutes which ensures that food is safe for consumption.
- Food should be served within 90 minutes of cooking or kept at or above 63°C.
- Food should be cooled rapidly to allow for refrigeration of foods within 2 hours of cooking or hot holding. The time of cooling should be checked to ensure that the cooling method in use is adequate for the food products.
- Foods shall only be reheated once following cooking or hot holding. The core temperature of reheated foods shall be greater than 70°C. The temperature of the reheated foods shall be monitored and records of same maintained.
- Temperatures should be recorded as appropriate e.g. record refrigerator temp daily and should be less than 5°C. Record freezer temp daily and should be -18°C or less.
- Temperature probe must be cleaned after each use with appropriate disinfectant wipes and must be calibrated at least annually. A minimum of a year's temperature record should be available for audit and inspection at any time.

## HACCP

- It is a legal requirement that a food safety management system – with the principles of Hazard Analysis Critical Control Points – is put in place for the premises. The I.S. 340:2007 Hygiene in the Catering Sector guide provides guidance on compliance with the HACCP. See FSAI booklet on A GUIDE TO HACCP – CATERING. The FSAI Safe Catering Pack also provides the tools for implementing a HACCP system.
- The HACCP system shall be monitored by the premises to ensure that the requirements necessary to control all food hazards are being implemented.
- The HACCP system shall be reviewed when there is a change that may affect food safety.
- Documentation and records of the HACCP system shall be maintained.

## Cleaning

- If cleaning is to be effective then it needs to be planned.
- All staff should know the appropriate cleaning agents for use in a food area.
- Always follow manufacturers' instructions when using detergents and disinfectants.
- Mops should be cleaned in detergent and warm water then soaked in disinfectant for an appropriate time, wrung out and left to air dry. Mops which can be machine washed in a hot wash are preferred.
- Kitchens mops and buckets must be stored in a designated cleaning area/cupboard. These cleaning materials should be colour coded and designated for the kitchen/food areas only.
- Toilets, sinks, wash basins, baths, shower areas, surrounding areas and other identified high risk areas should be included in daily cleaning schedules.
- Where possible disposable cleaning cloths / paper for drying should be used. Disposable cloths should be disposed of daily to ensure that they are not a source of contamination.
- A cleaning schedule and cleaning roster should be provided.

The cleaning schedule should include:

- All items, appliances and equipment to be cleaned.

- Frequency of cleaning
- Chemicals and concentration/dilutions used.
- Procedure for cleaning
- Safety Instructions
- Persons responsible.
- The cleaning roster should facilitate daily recording by the person responsible for the cleaning carried out, according to the schedule.

### **Waste**

- Waste should be stored in lidded bins and removed quickly from the kitchen.
- Waste outside should be stored in tightly fitted lidded refuse bins.
- Rubbish provides an attraction for flies, rodents and other vermin so it is important that it is managed properly

### **Water Supply**

- All water used for drinking and for food preparation must be potable.
- Taps for drinking water should be designated and must not be sourced at the staff hand washing sink.

### **Illness Policy**

- Food workers shall report immediately any illness or symptoms that may pose a risk to food safety to the person in charge.
- Staff suffering from or being a carrier of a disease likely to be transmitted through food must not be permitted to handle or prepare food or enter any food handling area.
- Staff should be requested to report to work any gastrointestinal illness while on holidays.

### **Pest Control**

- A system of pest control developed by a competent person should be in place throughout the premises. Records of inspection for pests should be retained by the premises.

### **Note**

#### **Ward Kitchenettes**

- The level of food preparation activity should be low risk in all these areas e.g. hot and cold drinks, tea/toast and breakfast service.
- Access to all ward kitchens must be limited to appropriate staff only. There should be no access by patients or visitors at any time.

If further advice is required in relation to food hygiene, please contact your Environmental Health Officer.

### **References**

National Standards Authority of Ireland (2007) *Hygiene in the Catering Sector Irish Standard I.S. 340:2007*