

Food For Thought - Focus on Childminders

Have you heard of SFBB ?

From 1st January 2006 a number of food hygiene regulations came into force.

Almost all of the requirements in the new regulations are the same as those before. The main new requirement is that you must be able to show what you do to make or sell food that is safe to eat and have this written down.

In practice, this means that you must have procedures in place to manage food safety 'hazards' in your business. You are now required to write these procedures down, update them as needed and keep records that can be checked by your local authority.

The regulations are designed to be flexible, so these procedures can be in proportion to the size of your business, and the type of work that you do. This means that many small businesses will be able to have very simple procedures and simple records.

The 'food safety management procedures' you put in place must be based on the principles of HACCP (hazard analysis critical control point).

What is HACCP ?

HACCP involves the following-

- Looking closely at what you do in your business and what could go wrong.
- Identifying the 'critical control points'- these are the places you need to focus on to prevent hazards or reduce them to an acceptable level.
- Putting in place procedures to make sure hazards are controlled at critical control points.
- Deciding what action you

need to take if something goes wrong.

- Making sure that your procedures are working.
- Keeping appropriate records to show your procedures are working.

Safer Food Better Business

If you do not already have suitable procedures in place you can develop your own based on the principles of HACCP. Alternatively you can use a pack produced by the Food Standards Agency Safer Food Better Business has been developed for small catering businesses. It is made up of 'safe method' sheets and a diary. The safe methods highlight things that are important to make food safely. They are designed so that each business can tick boxes, or make brief notes, to show how it works. The safe methods also provide advice on what to do if things go wrong.

You can order a copy of Safer Food Better Business from the following –
Tel no: 0845 606 0667 or Email:
foodstandards@ecgroup.uk.com



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DID YOU KNOW?

- *There have been a number of recent food poisoning outbreaks associated with eggs. Some eggs contain Salmonella bacteria inside or on their shells, so it is important how they are handled and used.*
- *Over a third of all major injuries reported each year are caused as a result of a slip or trip costing the employer an average of £700 per injury.*
- *Braintree District Council offer a one day course for food handlers to obtain The Chartered Institute of Environmental Health Level II Award in Food Safety in Catering.*

Salmonella in eggs

There have been a number of food poisoning outbreaks attributed to eggs, to avoid becoming a statistic we advise the following:-

Some eggs contain Salmonella bacteria inside or on their shells, so it is important how they are handled and used. This is because Salmonella can cause very serious illness, especially among more vulnerable people such as babies and toddlers. Occasionally it can even cause death.

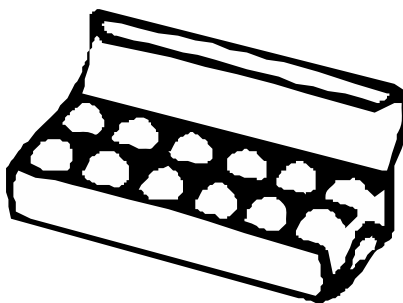
What are the dangers?

Bacteria spreading from eggs onto other foods, hands, surfaces or utensils (cross contamination).

Bacteria surviving because eggs aren't properly cooked.

Rules for caterers

- Use only Grade A shell eggs
- Do not use damaged, cracked or dirty eggs.
- Eggs should not be washed or wiped as it makes them more susceptible to contamination.



Eggs can be dangerous if not handled correctly

- Eggs should be stored in a refrigerator in their date labelled packs.
- Keep eggs away from other foods.
- Be careful not to splash raw egg onto other foods, surfaces or dishes.
- Clean food areas, dishes and utensils thoroughly using warm soapy water, after working with eggs.
- Always wash and dry your hands thoroughly after touching eggs.
- Cook eggs and food containing eggs thoroughly (75°C or above).
- Use pasteurised egg for raw or lightly cooked foods.
- Serve egg dishes straight away, or cool them quickly and keep refrigerated.

Pasteurised Egg

Should be used in any food that will not be cooked or only lightly cooked e.g. mousse, cheesecake, mayonnaise.

Risk Assessment

A Risk Assessment is a careful examination of hazards in your workplace, so that you weigh up whether you have taken enough precautions or should do more to prevent harm. It is important to understand the difference between hazard & risk.

Hazard: - Anything that could cause

harm, such as lifting children, fire, electricity.

Risk: - The likelihood or chance that someone will be harmed by the hazard. The main requirements of a risk assessment are as follows:

- Identify the hazards.
- Identify the people at risk, including special groups such

as young people.

- Decide whether the risks are significant.
- Eliminate or reduce the risk by introducing safety measures.

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Accident Notification

Are you aware that many accidents have to be reported to your enforcing authority (For childminders this is the HSE)?

Reporting allows a proper investigation of the accident to be made (if necessary) to ensure that lessons are learnt and recurrences are prevented. The statistics collected also allow a picture to be drawn up of trends in numbers and types of accidents throughout the country.

Incident Contact Centre

Phone : 0845 300 9923

Fax 0845 300 9924

Internet: www.riddor.gov.uk

e-mail riddor@natbrit.com

Post:

Incident Contact Centre,
Caerphilly Business
Park, Caerphilly CF83 3GG

The types of accidents which must be notified are :-

- fatalities,
- Major accidents,
- accidents which result in the employee being unable to do their normal work for more than three days,
- accidents which result in a member of the public (including children in your care) being taken to hospital.

Accident details must be reported either direct to the HSE (Tel 01245 706200), or to the new incident contact centre.

Preparation and Handling of Infant Powdered Formula

The Department of Health and the Food Standards Agency have issued revised guidance on the preparation and storage of powdered infant formula milk. Powdered infant and follow-on formulas are not sterile, which means they can contain harmful bacteria. So it is important to take care when preparing and storing formula, to reduce the risk of babies becoming ill. The European Food Safety Authority's Scientific Panel on Biological Hazards has concluded that *Enterobacter sakazakii* and *Salmonella* are the microorganisms of greatest concern, although infections via infant formula are rare. Younger infants are more susceptible to these organisms than older infants. For high risk infants (pre-term, low birth weight and immunocompromised)

using ready to feed liquid formula which is sterile, in place of making up powdered formula is considered the safest option.

The document outlines steps that should be taken to minimise risks, including preparing infant formula with water that is at least 70°C. The document presents guidance on cleaning and sterilising feeding equipment, and then on preparing feeds in the home using powdered infant formula. The next section covers the use of powdered infant formula feeds in care settings.

The main change to the guidance is the inclusion of advice on what people can do if they are going out, or want to take a feed to a nursery or childminder and are not able to follow best practice. Under those conditions,

people should take hot water in a vacuum flask to make up a feed when needed. Where this is not practicable, they should prepare the feed and cool it in the fridge before transporting it in a cool bag and using it within four hours.

Prepared bottles should be stored below 5°C in the fridge and should only be reomved immediately prior to use. Pre-prepared bottles should be kept for as short a time as possible, certainly no longer than 24 hours.

The guidance concludes with a Q&A section.

The document is available on the Food Standards Agency's website at:

<http://www.food.gov.uk/multimedia/pdfs/formulaguidance.pdf>

Food Poisoning

Good Food hygiene is essential in reducing the risk of food poisoning and protects your reputation. There are 4 areas to remember

CLEANING

Effective cleaning gets rid of bacteria on hands equipment and surfaces so it helps to stop bacteria from spreading on the food.

- Make sure you and your staff thoroughly wash and dry their hands before handling food.
- Clean surfaces and equipment between tasks, especially after handling raw food.
- Clean as you go.
- Use the correct cleaning products and follow instructions carefully.
- Don't let food waste build up.

COOKING

Thorough cooking kills harmful bacteria in food. It is extremely important to make sure that food is cooked properly. Undercooked food could cause food poisoning.

- Check food is piping hot all the way through (Don't reheat more than once)
- It is especially important to thor-

oughly cook poultry, pork, rolled joints and minced meat products such as burgers. These types of food should never be served rare.

CHILLING

Chilling of food properly stops bacteria from growing and multiplying. Some foods need to be kept chilled to keep them safe, for example, food with a use by date, food that you have cooked and will not serve

"It is extremely important to make sure that food is cooked properly. Undercooked food could cause food poisoning"

immediately, or other ready to eat foods such as prepared salads.

- Check chilled food on delivery to make sure it is cold (<8°C)
- Put food that need to be chilled in the fridge straight away.
- Cool cooked foods as quickly as possible and put in the fridge.
- Check your fridges regularly to

ensure they are cold enough.

CROSS CONTAMINATION

Cross contamination is when bacteria spread between food surfaces or equipment. It is most likely to happen when raw food touches (or drips onto) ready to eat food, equipment or surfaces.

Hands can spread bacteria. If you touch raw then cooked foods without washing your hands thoroughly, bacteria can be spread to the objects you then touch. Keep raw and ready to eat foods apart at all times.

- Wash hands thoroughly after touching raw foods.
- Use separate chopping boards and knives for raw and ready to eat food.
- Clean work surfaces, chopping boards and equipment thoroughly before starting to prepare food and after you have used them to prepare raw food.
- Keep raw food below ready to eat food in the fridge.



HEALTH PROTECTION
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Making a Difference

We're on the web!
[www.braintree.gov.uk/
environment/food/default.htm](http://www.braintree.gov.uk/environment/food/default.htm)

Useful websites

www.food.gov.uk
The Food Standards Agency.
Advice on all food matters.

www.cieh.org.uk
Details of food and safety
courses. Advice on careers in
environmental health.

www.hse.gov.uk
The main site of the Health and
Safety Executive. This contains a
link to the 'Workers web page'
which brings together information
relevant and of interest to
employees.

www.riddor.gov.uk
The incident contact centre (ICC)
– see article on accident report-
ing.

Foundation Certificate In Food Safety

Regulation EC 852/2004 requires that all persons who handle food are supervised, instructed and/or trained in food hygiene to a level appropriate to their duties.

Braintree District Council offer a one day course for food handlers to obtain The Chartered Institute of Health Level 2 Foundation Certificate in Food Safety.

Subjects covered during the course include :

Food Poisoning, Bacteriology, Personal Hygiene, Allergen contamination
Cleaning, Pest Control, Requirements under law including the new requirement for a food safety management system.

At the end of the training sessions candidates sit a multiple choice examination paper. A timescale of about 2 weeks should be allowed for results and certificates to be returned from the Institute.

The cost of the course is £52.00 per candidate. It is recommended that a refresher course is taken after a 3 year period.

Whilst this is the only qualification that Braintree District Council offers, information and enquiries for Advanced and other courses may be obtained on ext: 2211.

Currently we run the course once a month at Causeway House, Braintree.

For further information ring 01376 552525 Ext: 2211 or look on our webpages.

Risk Assessment continued

- Review periodically & whenever working procedures change.

If you have 5+ employees put the important findings in writing.

It may not be necessary for a child-minder to have a written risk assess-

ment but it is important that you are mindful of the hazards within your working environment.

Risk assessment leaflets are available to download from the HSE website (www.hse.gov.uk).

Example risk assessments for child-minders/playgroups can be found on our website.

SLIPS AND TRIPS AT WORK

Over a third of all major injuries reported each year are caused as a result of a slip or trip.

By taking simple, practical measures you could reduce your costs

- Look for slip and trip hazards around the home and garden, such as slippery, uneven flooring or paving, changes in level, loose cables, decking
- Decide who may be harmed and how.
- Consider the risks. Are the precautions already in place enough to deal with the risk?
- If existing precautions are not sufficient decide what further action to take to reduce the risk.
- It is a good idea to record your findings

- Regularly review your assessment. Particularly if you have any slip / trip accidents, or if you make any significant changes.

Choose suitable floor surfaces, ensure lighting levels are sufficient, train any staff you may have in the correct use of any cleaning equipment.

Take care not to create additional slip or trip hazards while cleaning and maintenance work is being done.

Floors need to be checked for loose finishes, holes and cracks, take care in your choice of floor if it is likely to become wet or muddy. Obstructions and objects left lying around can cause a trip. Try to keep tidy and if obstructions can't be removed, use barriers to prevent access.