

# Food For Thought

ISSUE 1 JULY 2004

## Eggstra eggstra read all about it !!

There have been a number of recent food poisoning outbreaks attributed to eggs and so the following advice is offered:

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, the elderly, babies and toddlers, pregnant women and people who are already unwell. Occasionally it can even cause death.

### What are the dangers?

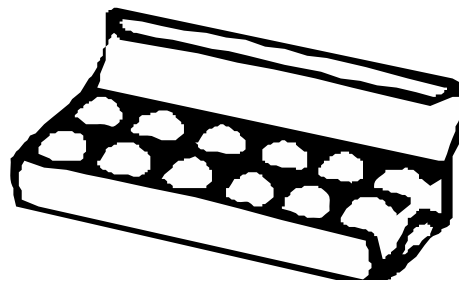
Bacteria spreading from eggs onto other foods, hands, surfaces or utensils (cross contamination).

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 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.



*Eggs can be dangerous if not handled correctly*

- 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.

## How Effective Is Your HACCP?

One of the first questions your EHO will ask you is, "have you identified the hazards associated with your business?" Effective HACCP (Hazard Analysis Critical Control Point) systems are built on pre-requisites such as proper personal hygiene, pest control, cleaning and equipment maintenance. Effective monitoring and maintenance of HACCP is essential to successful implementation making the difference between

a working HACCP system and one that gets dusted down for the EHO. The proprietor of a business should maintain and monitor the plan on a continuous basis—not occasionally, prior to inspection.

The type of questions which should be asked are:

### Pest Control

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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.
- Emptying and cleaning fryers is a major cause of burns suffered by caterers.
- Braintree District Council offer a one day course for food handlers to obtain The Chartered Institute of Environmental Health Foundation Certificate in Food Safety.

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## 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. In the catering industry, the number of slips and trips is very high for the size of the workforce.

The average cost to the employer, per injury is £700 (1994 figures).

By taking simple, practical measures you could reduce your costs

- Look for slip and trip hazards around the workplace, such as slippery, uneven flooring, changes in level, loose cables. Include outdoor areas.
- Decide who may be harmed and how. Who comes into the workplace? Are they at risk?
- 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.
- Record your findings if you have five or more employees.
- Regularly review the 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 workers in the correct use of any safety and 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 dusty due to your work process.

Obstructions and objects left lying around can cause a trip. Try to keep work areas tidy and if obstructions can't be removed, warn people using signs or barriers.

Footwear can play an important part in preventing slips and trips. Select suitable shoes for the floor, the environment and the individual.



## Accident Notification

Are you aware that many accidents have to be reported to the enforcing authority ?

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.

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 being taken to hospital.

The details of the accident must be reported either to your enforcing authority, or to the new incident contact centre.

**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

## Food Hygiene Award

In September 2003 Braintree District Council launched it's Food Hygiene Award. Awards are given to those catering premises that show a high standard of food hygiene during their routine inspections.

Silver awards are given to those premises who fully comply with food hygiene legislation and Gold awards are given to those premises who standards of hy-

giene exceed this and follow good practice. A list of premises who have gained awards is published on the Council web page.

A copy of the qualifying criteria for the hygiene award can also be found on the council's web page at [www.braintree.gov.uk/environment/food/default.htm](http://www.braintree.gov.uk/environment/food/default.htm)



*Food Hygiene Award Winners 2003*

## Frying Tonight?

Emptying and cleaning fryers is a major cause of burns suffered by caterers. By following our advice you can ensure you and your staff are sizzling safely;

- ☞ Before draining ensure the fat has cooled for at least 6 hours and is below 40°C.
- ☞ Follow the manufacturers instructions and use the correct equipment for emptying e.g. detachable spout (for the type of fryer being emptied)
- ☞ Empty the oil into a sturdy container with carrying handles and a well fitting lid.
- ☞ Ensure two people move the container of oil to prevent manual handling injuries.
- ☞ Place container on a drip tray to

avoid oil spilling on the floor and people slipping on it.

- ☞ Clean the floor with a detergent to break up any spilt fat and dry thoroughly afterwards.
- ☞ Switch off the power first and isolate the fryermaking sure no one can switch it back on whilst you're cleaning it.
- ☞ Clean the fryer at the end or beginning of the day then you're not in anyone's way and could affect their safety.
- ☞ Read the safety data sheets for the chemicals you're using and make sure you're wearing the correct protective clothing/ equipment.

☞ Dry the internal surfaces thoroughly and check the drain valve is closed before refilling.

☞ Don't be tempted to wipe the top edges of the fryer whilst the fat is hot.



**If you require any further information on any aspect of health and safety then contact our Health and Safety Team.**

**Tel. 01376 552525 ext. 2212/2231 or email:**

**healthand-safety@braintree.gov.uk**

## Food Poisoning in the Catering Industry

Good Food hygiene is essential in reducing the risk of food poisoning and protects the reputation of your business. 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 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 thoroughly 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 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.

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

### 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. If possible use separate fridges for raw and ready to eat food.
- Inform your staff about how to avoid cross contamination.

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CM7 9HB

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Fax: 01376 557767  
Email:

health\_protection@braintree.gov.uk

*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.safestartup.org](http://www.safestartup.org)

An interactive site to guide small businesses through the first steps in setting up their health and safety arrangements.

##### [www.hse.gov.uk](http://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.coshh-essentials.org.uk](http://www.coshh-essentials.org.uk)

Practical advice on how to control the risks of exposure to hazardous substances at work.

##### [www.riddor.gov.uk](http://www.riddor.gov.uk)

The incident contact centre (ICC) – see article on accident reporting.

##### [www.food.gov.uk](http://www.food.gov.uk)

The Food Standards Agency. Advice on all food matters.

##### [www.cieh.org.uk](http://www.cieh.org.uk)

Details of food and safety courses. Advice on careers in environmental health..

## Foundation Certificate In Food Safety

The Food Safety (General Food Hygiene) Regulations 1995 require that all persons who handle food are supervised, instructed and/or trained in food hygiene. This means that at all times there must be someone available on the premises who has received training in Food Hygiene.

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

Subjects covered during the course include training in:

Food Poisoning  
Bacteriology  
Personal Hygiene  
Cleaning  
Pest Control  
Requirements under law

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 £48.00 per candidate. It is recommended that a refresher course is taken after a 4 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.

The current programme is run once a month at Causeway House, Braintree. Tel: 01376 552525 Ext: 2211.

## How Effective Is Your HACCP? (cont.)

*(Continued from page 1)*

Is there a pest control contract?

Are the visits up to date and the recommendations actioned?

#### Personnel

Is induction training completed?

Have the relevant staff received specific training for the work they do?

#### Cleaning

Are the approved chemicals used?

Are the approved cleaning procedures being adhered to?

Are the visual checks completed?

#### Suppliers

Are ingredient specifications for critical ingredients on file and up to date?

Have the agreed supplier audits/questionnaires been completed?

Are corrective actions



completed?

Are all the suppliers approved?

#### Intake/Storage

Have any problems been identified?

Have any ingredients been rejected and the suppliers notified?

#### Cooking/Cooling

Are the time/temperatures being monitored at the correct frequency?

Is the monitoring equipment calibrated?

Have any problems been identified?

Was the appropriate action taken?



How often should HACCP be reviewed? The answer depends on the type and size of business monitoring or verification of the complete HACCP system should be completed annually as an absolute minimum.

For further information or help in carrying out a HACCP please contact Lucy Stevens on 01376 552525 ext 2232.