

Safe method: **Cleaning**

It is essential to keep your food preparation areas clean to get rid of harmful bacteria and stop them spreading.



Safety point

Regularly wash/wipe and disinfect all the items people touch frequently, such as worktops, sinks, taps, handles, switches and high chairs.

You can either use soapy water followed by a disinfectant, or an all-in-one kitchen spray that cleans and disinfects. Remember to follow the instructions on the label.

Allow these items to dry naturally or dry them with disposable kitchen towel.

Wash worktops, chopping boards and knives thoroughly before preparing food. Wash and disinfect them after preparing raw meat/poultry or eggs.

You can disinfect these by using a disinfectant or an all-in-one kitchen spray or by washing them in a dishwasher, if appropriate.

Wipe up any spills as soon as they happen.

Always use a clean cloth to wipe worktops, equipment or utensils. Ideally, use disposable kitchen towel wherever possible.

Make sure cloths are thoroughly washed, disinfected and dried between tasks (not just when they look dirty). It is important to also wash and disinfect tea towels and oven gloves regularly.

Ideally, wash cloths, tea towels, aprons and oven gloves in a washing machine on a hot cycle above 60°C. This will disinfect them. Or if you wash them by hand, make sure all the food and dirt has been removed before disinfecting them with very hot clean water.

Why?

It is important to keep these items clean to prevent dirt and harmful bacteria being spread to people's hands and then from their hands to food or other areas.



This will help prevent dirt and harmful bacteria spreading onto food from the surface or equipment.

Using dirty cloths or tea towels can spread harmful bacteria very easily. Using disposable kitchen towel will make sure that any bacteria picked up on the towel will not be spread.



Safety point

When cleaning up accidents (e.g. vomiting or diarrhoea) make sure that you clean, wash and disinfect the area thoroughly.

Do not allow kitchen cloths to be used elsewhere in the house, e.g. when cleaning up after accidents (vomit or diarrhoea).

Follow the manufacturer's instructions on how to use and store cleaning chemicals. When you clean worktops/chopping boards, make sure that any cleaning chemicals you use are suitable for surfaces touched by food.

Keep all chemicals out of reach of children.

Why?

This prevents harmful bacteria from spreading.

This is to prevent harmful bacteria spreading to the kitchen.

Using and storing chemicals correctly is important to make sure they are effective and to keep children and food safe.

What to do if things go wrong

- If you find that any item in your kitchen is not properly clean, wash and disinfect it and allow it to dry.
- If you think that a kitchen cloth has been used elsewhere in the house, throw the cloth away or wash and disinfect it before you use it again.
- After cleaning up accidents, change your clothes if you need to and make sure you wash your hands properly afterwards.



Write down what went wrong and what you did about it on your action sheet.



Safe method completed: Date: _____ Signature: _____