

Food Safety: Clean, Separate, Cook, Chill

Why it matters. One mistake in a kitchen can make many guests sick. Most foodborne illness comes from a few causes: dirty hands, raw food touching ready-to-eat food, food not cooked enough, and food kept too long at the wrong temperature.

KEY POINTS

- Wash your hands often and properly — at least 20 seconds with soap and warm water.
- Keep raw meat, poultry and fish away from ready-to-eat food: separate boards, utensils and storage, raw food on the lowest shelves.
- Cook to the right internal temperature and check with a clean thermometer.
- Keep cold food cold (41°F / 5°C or below) and hot food hot (135°F / 57°C or above). Between those temperatures, bacteria grow fast.
- Tell your manager if you have vomiting, diarrhoea, jaundice or a sore throat with fever. Do not work with food while sick.

STEP BY STEP

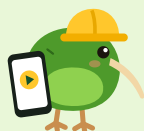
1. Arrive fit for work: clean uniform, hair restrained, no jewellery on hands and wrists.
2. Wash hands before starting, after raw food, after the toilet, and after touching your face, phone or rubbish.
3. Use colour-coded boards and knives for raw and ready-to-eat food.
4. Store food covered, labelled and dated, with raw food below ready-to-eat food.
5. Cook and check the core temperature with a clean probe thermometer. Record it.
6. Cool hot food quickly in shallow containers before it goes in the fridge.
7. Clean and sanitize surfaces and equipment after each task.

NEVER

- ✗ Never touch ready-to-eat food with bare hands where gloves or utensils are required.
- ✗ Never thaw food on the counter at room temperature.
- ✗ Never work with food when you have vomiting or diarrhoea.

TALK ABOUT IT

1. Where in our kitchen could raw and ready-to-eat food touch?
2. How do we check and record fridge and cooking temperatures?
3. What do you do if you feel sick before your shift?



Watch this talk as a short video — and get it in your crew's languages.
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Language used: _____

By signing, I confirm that I attended this talk and understood it.