Personal Hygiene - What You Can Do to Minimise the Risk!

- Thoroughly wash and dry your hands before handling food and ensure you frequently wash and dry them again while working.
- Wash your hands with warm running water and liquid soap and ensure they are dried properly with single use towel.
- Never cough or sneeze over food or where food is stored or prepared.
- Wear clean protective clothing such as an apron.
- If you have long hair, tie it back or cover
- Keep your nails short so they are easy to clean.
- Avoid wearing jewellery.
- If you are ill or are feeling unwell do not go to work!

Food Receival

A food business must check food when it is received from a supplier. When receiving potentially hazardous food (PHF), take all practicable measures to ensure that you accept food that is at a temperature of 5°C or below or 60°C or above. By checking that food is delivered at a suitable temperature and in a suitable state, you will have better knowledge of the quality and safety of the food and therefore your final product. If PHF is not delivered at a suitable temperature it may have already deteriorated in quality or food poisoning bacteria might have had a chance to grow. If this product is further processed and it causes someone to be ill, it will be the food processor's responsibility, not the supplier's responsibility.

Storing Food Safely

Food businesses need to keep food protected from contamination and at the right temperature so it stays safe to eat. Food needs to be stored in a way that keeps it safe and suitable. This can be achieved by:

- Keeping dry store areas clean, dry and free of pests.
- Using food-safe containers, covers and packaging to store dry, cold and frozen food products.
- Storing cold potentially hazardous food at 5°C or colder.
- Storing hot potentially hazardous food at 60°C or above.
- Storing raw foods such as meats, seafood, and poultry on a low shelf in refrigerator to ensure that any juices or liquids do not drip down and cross-contaminate other food.
- Ensuring that all cooked and ready-to-eat foods in the refrigerator are stored in a sealed container or covered and are stored above raw foods.
- Storing food, containers and packaging separate to chemicals, such as cleaners and insect sprays.

Reheating Food

If you reheat previously cooked and cooled potentially hazardous food (PHF), you must reheat it rapidly to 60°C or hotter. This only applies to PHF that you want to hold hot in a bain-marie, oven or on the stove top. It does not apply to food you reheat to serve to customers for immediate consumption. Do not reheat food more than once. Left over reheated food should not be re-refrigerated.

Food Safety Websites

Please see below for some useful websites on food safety and regulation of food businesses:

- Queensland Health: www.health.gld.gov.au/publichealth/industry-environment/food-safety
- Food Standards Australia & New Zealand: www.foodstandards.gov.au
- Safe Food Queensland: www.safefood.gld.gov.au
- Food Safety Information Council: www.foodsafety.asn.au

Food **Essentials**

COVID-19 and Food Safety

COVID-19 is not a foodborne disease, but extra care with personal hygiene may reduce the risks of transmission. It is spread by person-to-person transmission (coughing, sneezing and close contact with an infected person) and via surfaces contaminated with the virus.

The Food Standards Code requires good hygiene practices by food businesses during food handling and preparation. These are important to prevent food borne illness and to help prevent transmission of COVID-19. At a minimum, businesses must adhere to existing requirements of food laws, specifically:

- Maintain and practice frequent hand washing when preparing foods, after going to the bathroom, and after touching the face or hair.
- Maintain thorough cleaning and sanitising of facilities, equipment, and transport vehicles (including food contact surfaces and equipment, but also door handles, light switches, floors, walls, and other areas).
- Maintain strict requirements around worker health and hygiene. Any worker with a suspected communicable disease, such as coughing, sneezing, flu-like symptoms, gastrointestinal illness, must be excluded from the workplace.

Bain Maries and Pie Warmers

Bain maries and pie warmers should only be used for keeping HOT food HOT for a short time during meal service. They are **NOT** to be used to cook or reheat food.

DO

- Ensure temperature of bain marie/pie warmer is greater than 60°C prior to loading.
- Take the temperature of hot food.
- Clean regularly.
- Replace trays.

DON'T

- Mix fresh with those already on
- Overload with food.
- Use to heat or cook food.



In this issue...

- COVID-19 and Food
- Bain Maries and Pie
- Access to Hand Wash
- Food Safety Quiz
- Dogs in Food Premises
- Calibrating Probe
- Selling or Closing a Food Business
- When was the Last Time the Exhaust Canopy was Cleaned?
- Personal Hygiene What You Can Do to Minimise the Risk!
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- Reheating Food
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Have You Made Any Changes?

Making structural changes to your food premises may require an amendment to your food business licence. If you are planning to renovate please ensure you discuss your proposal with an **Environmental Health Officer** to determine if an application is required. Any renovation must comply with the Food Safety Standards.



Contact us

P: 07 4932 9000 or 1300 22 55 77

Environment and Public Health Unit E: enquiries@rrc.qld.gov.au W: www.rrc.qld.qov.au

Access to Hand Wash Basins

Hand washing is an important part of public health. It can help prevent the spread of food borne bacteria which is harmful to human health. In a food business having a hand wash basin is essential to maintain the hygiene of staff.

To be most effective, hand wash basins must:

- Only be used for washing hands, arms and faces,
- Be connected to warm running potable water,
- Be supplied with liquid soap and single use towels,
- Be easily accessible at all times.



Environmental Health Officers undertake regular inspections of food businesses. Part of the inspection involves checking maintenance of hand wash basins and accessibility. In recent times officers have noticed food business operators obstructing access to their hand wash basins. This is often by filling up the sink with cooking equipment such as utensils and crockery and placing objects such as mops, brooms, benches or shelving in front of them.

The Australia New Zealand Food Standards Code also requires food premises to have hand washing facilities that are located where they can be easily accessed by food handlers.

Remember to keep hand wash basins accessible at all times.

Food Safety Quiz

1. Bain maries should only be used to keep hot food hot.

Answer: True/False

2. Raw food should be stored on the higher shelves in the kitchen cold room or refrigerator.

Answer: True/False

3. If potentially hazardous foods are to be displayed or sold hot, they must be kept at a temperature of 50° C or higher.

Answer: True/False

4. Food that is contaminated with a foodborne pathogen often looks and smells completely normal.

Answer: True/False

Dogs in Food Premises

A food business may permit a dog that is not an assistance animal to be allowed in an outdoor dining area or may exclude, for any reason, a dog that is not an assistance animal. Dogs are not permitted in any non-customer area such as the kitchen and only assistance dogs such as 'guide dogs' are permitted in indoor dining areas.

Food businesses that permit dogs in outdoor dining areas must still ensure they maintain a high standard of food safety and personal hygiene.



Issues to manage and/or consider:

- Ensuring that food service staff refrain from touching dogs, as this creates risk of cross contamination.
- If food service staff touch a dog, they should wash their hands with soap and warm water and dry thoroughly, prior to further handling or service of food.
- The provision of water storage for cleaning of containers associated with dogs, storage of bowls for both dog food or water.
- Removal and disposal of dog urine/excrement.
- Signage to designate or identify dog areas.
- Barking and behavioural issues.
- Possible trip hazards (e.g. leashes on pathways).
- Availability of tether points and spaces.
- Insurance and public liability.

Answers: True, False, False, True

Calibrating Probe Thermometers

Probe thermometers are an important piece of equipment in a food business and must be calibrated regularly to ensure they are reporting accurate temperatures. There are two methods for calibrating a probe thermometer:

Hot Calibration

Step 1: Boil tap water and pour into a suitable container.

Step 2: Place your thermometer into the container.

Step 3: Wait for 2 minutes.

Step 4: Check that the temperature is between 99°C and 101°C.

Step 5: If the temperature isn't correct, adjust your thermometer to the correct temperature whilst it's still in the water. If you can't manually adjust your thermometer, arrange for professional recalibration or a replacement.



Cold Calibration

Step 1: Mix 50% crushed ice and 50% water in a container.

Step 2: Wait for 5 minutes so that the heat distributes

Step 3: Place your thermometer into the container.

Step 4: Wait a further minute.

Step 5: Check that the temperature is -1°C to 1°C.

Step 6: If the temperature isn't correct, adjust your thermometer to the correct temperature whilst it's still in the water. If you can't manually adjust your thermometer, arrange for professional recalibration or a replacement.



Cold calibration is a safer method of thermometer calibration than hot calibration as there is less risk of getting burnt.

Selling or Closing a Food Business

When a food business changes ownership, the current licensee may amend the food business licence into the proposed licensee's name. A Food Business Licence Amendment Form should be submitted to Council with both parties completing and signing the application form.



If you decide to close your premises for any number of reasons, Council requires written notification and the original food business licence returned to Council. Written notification can be provided via email or in the post.

If you have any questions regarding the sale or closure of a business, please contact Council's Environment & Public Health Section.

When was the Last Time the Exhaust Canopy Was Cleaned?

Exhaust canopies must be maintained on a regular basis to prevent fires, odour and the attraction of pests. Your regime should include the removal of the filters and ensure the internal surfaces are free of grease accumulation. How often the internal surfaces require cleaning will depend on the activities of the food business. Those businesses that produce a high volume of greasy foods generally require their exhaust canopy to be cleaned more often.

