

CENTRAL KAROO DM



SECTION MUNICIPAL HEALTH



G. E. van Zyl
Manager: Municipal Health Services



Food
Safety
it's our business





**FOOD
SAFETY
FIRST!**

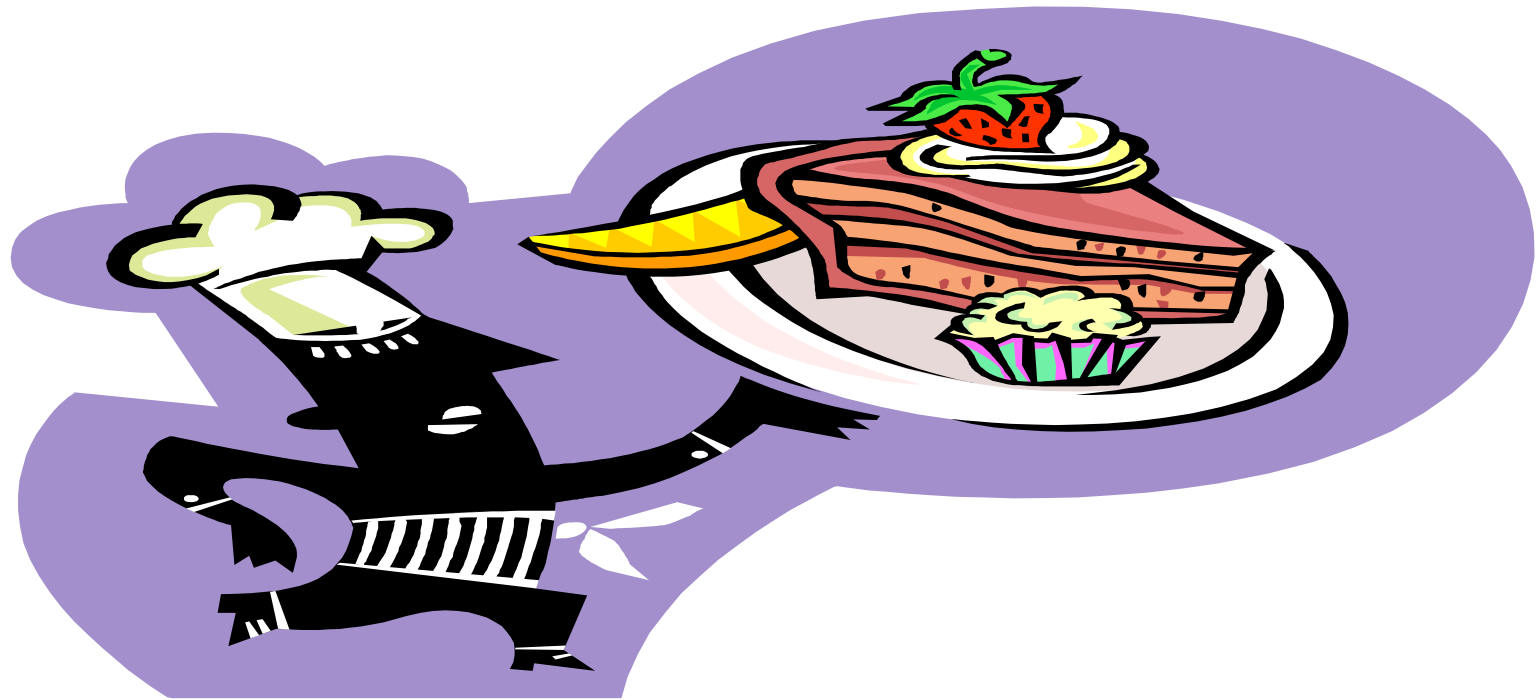
EMPLOYEES
are the

FIRST

Line OF FOOD DEFENSE



DUTIES OF FOOD HANDLERS





BACTERIA IS EVERYWHERE SPECIFICALLY ON FOOD AND YOURSELF



FOOD

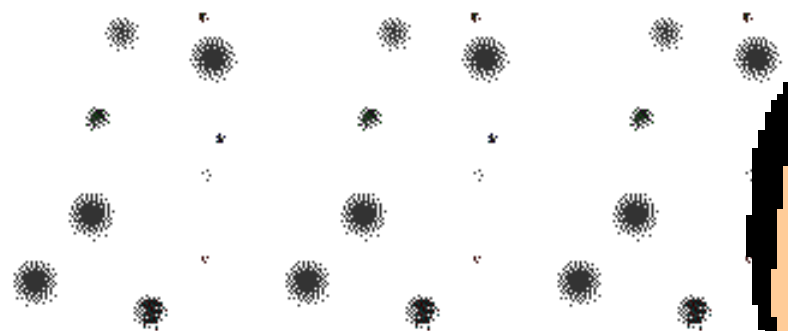
YOURSELF



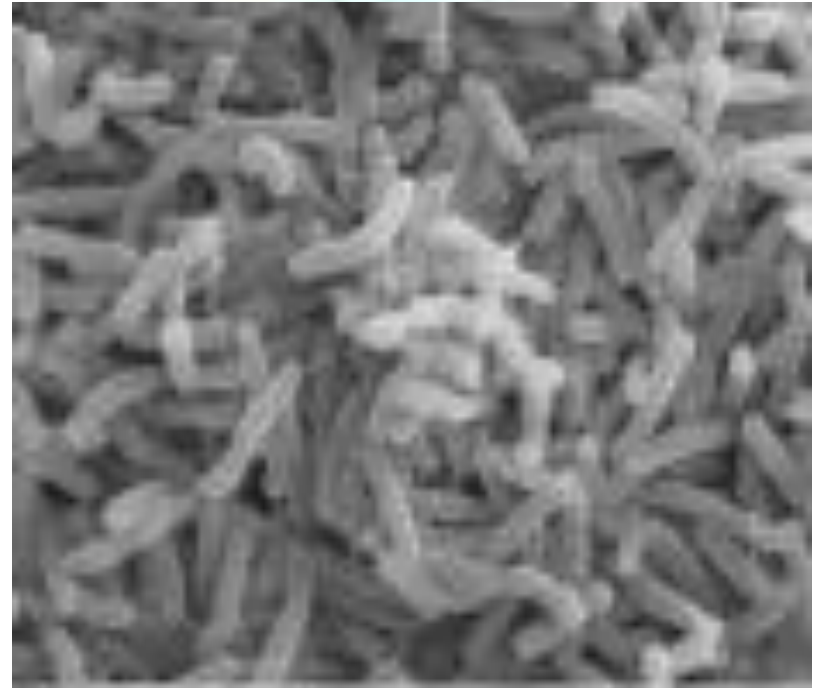


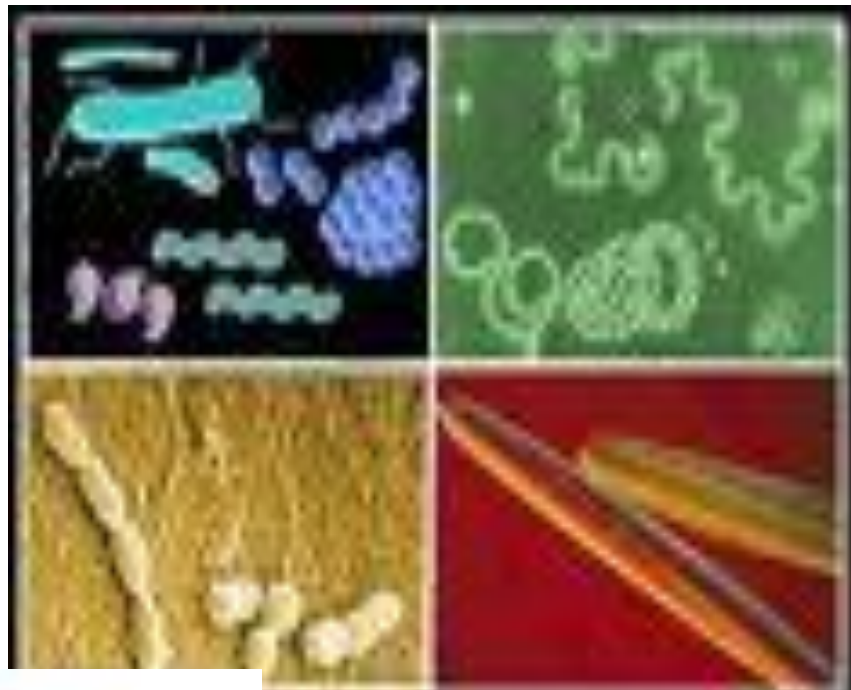
FOOD POISONING IS CAUSED BY GERMS ALSO CALLED BACTERIA





BACTERIA IS VERY SMALL AND CAN ONLY BE IDENTIFIED UNDER A MICROSCOPE



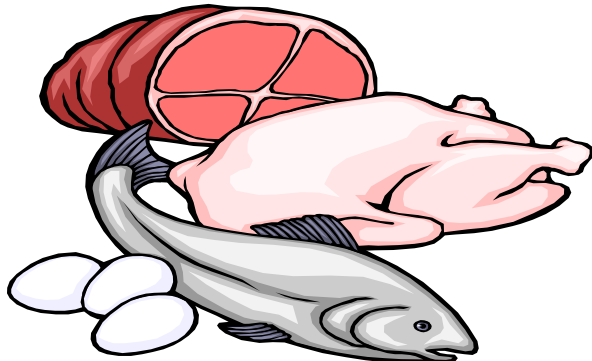




THERE ARE TWO GROUPS OF BACTERIA

GOOD BACTERIA

- Are used in the processing of certain food such as cheese and yoghurt



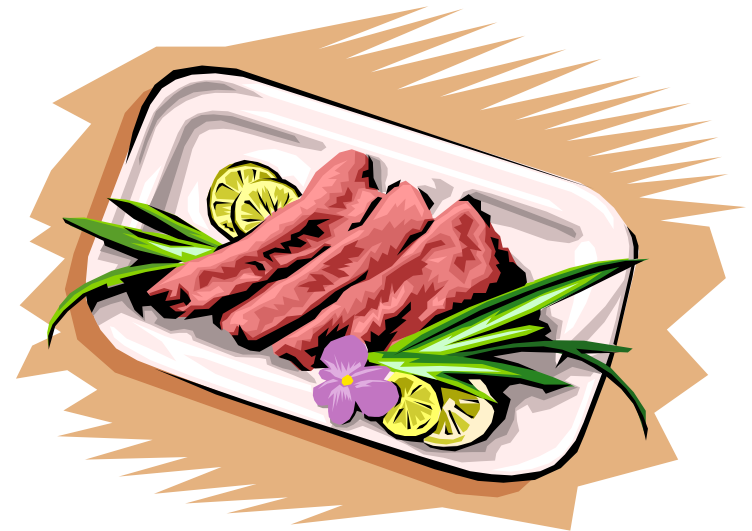
BAD BACTERIA

- Contaminate food and cause diseases
- Present on raw food, animals, humans, dirty equipment, untreated water



HOW DOES ONE CONTRACT FOOD POISONING

Clean food are contaminated by bad bacteria due to unhygienic practices by food handlers





**YOU CAN MAKE
SOMEBODY VERY SICK**



**AND PEOPLE CAN
EVEN DIE FROM FOOD
POISONING**





COMMON SYMPTOMS OF FOOD POISONING



Stomach pain
Diarrhea
Nausea
Vomiting





**IT IS YOUR DUTY TO APPLY GOOD
HYGIENIC PRACTICES IN ORDER
TO PREVENT THE
CONTAMINATION OF FOOD WITH
BAD BACTERIA**





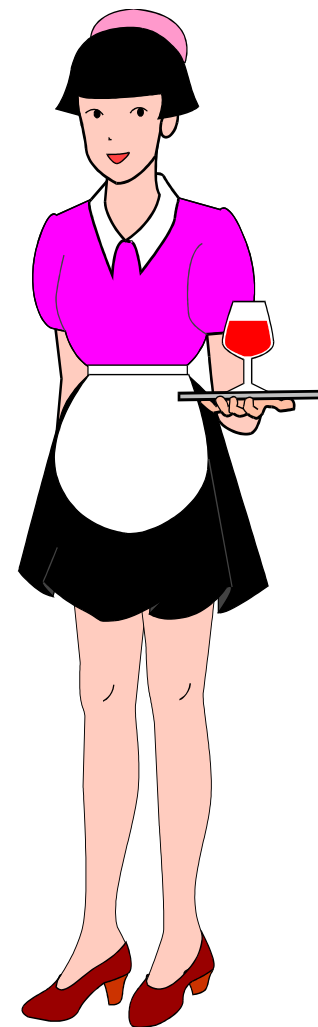
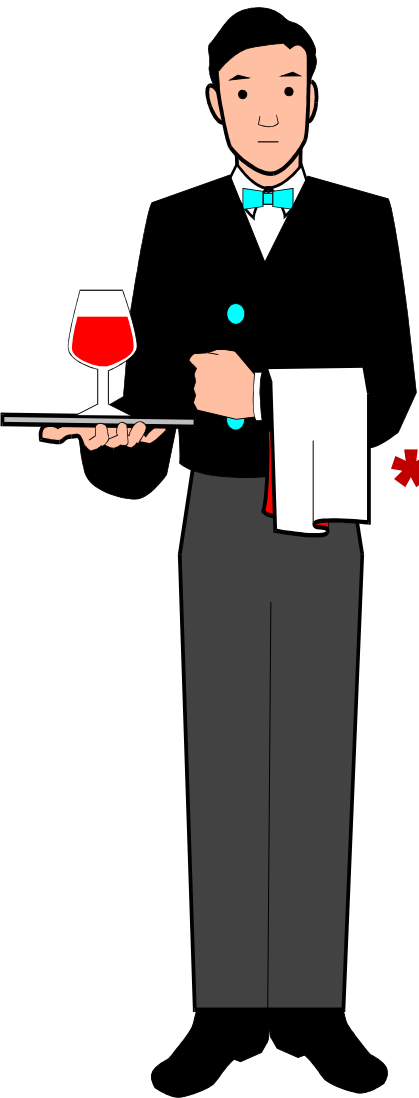
HOW ?

THROUGH

*PERSONAL HYGIENE

AND

*GOOD HABITS





WHAT IS PERSONAL HYGIENE ?

- * **CLEANLINESS OF YOUR WHOLE BODY**
 - * **CLEAN CLOTHING**
 - * **GOOD GENERAL HEALTH STATUS**





**Do not handle food if hands
and nails are dirty!**





Ensure that your hands and nails are always clean when you handle food



WASH YOUR HANDS !



**WHY IS IT
IMPORTANT TO
REGULARLY WASH
YOUR HANDS?**



Bacteria grows unnoticed on your hands!





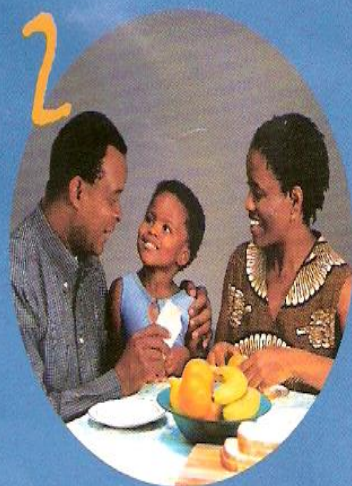
DO YOU WASH YOUR HANDS?

- **Before you prepare, handle or serve food**
- **Before you eat or feed your children**
- **After you use the toilet**
- **After you changed the babies napkin**

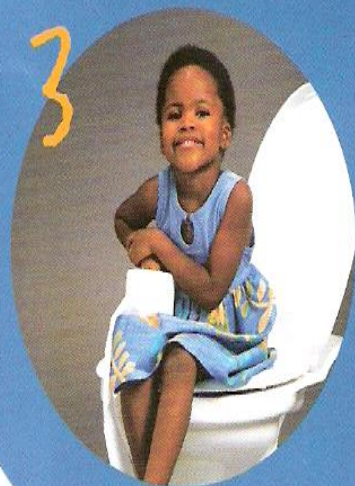
ALWAYS WASH YOUR HANDS!



Before cooking or
handling food



Before feeding
children or eating



After going to
the toilet



After changing
baby's nappy

Wash your hands

to keep clean and healthy



WHAT IS THE BEST WAY TO WASH YOUR HANDS?

- **Always use soap**
- **Always use clean water**
- **Always wash all parts of your hands**
 - **top, bottom, between fingers and under your nails**

KEEP IT CLEAN – WASH YOUR HANDS!



Regularly wash your hands with soap and water up to the elbows



Wash properly between the fingers



Use a brush to properly clean your nails



HANDWASHING TECHNIQUES

For routine washing, the following is recommended:

Severe rubbing of

- all parts of wet soap covered hands**
- for at least 10 seconds,**
- followed by thorough rinsing with clean running water.**



HAND WASH WITH NORMAL SOAP

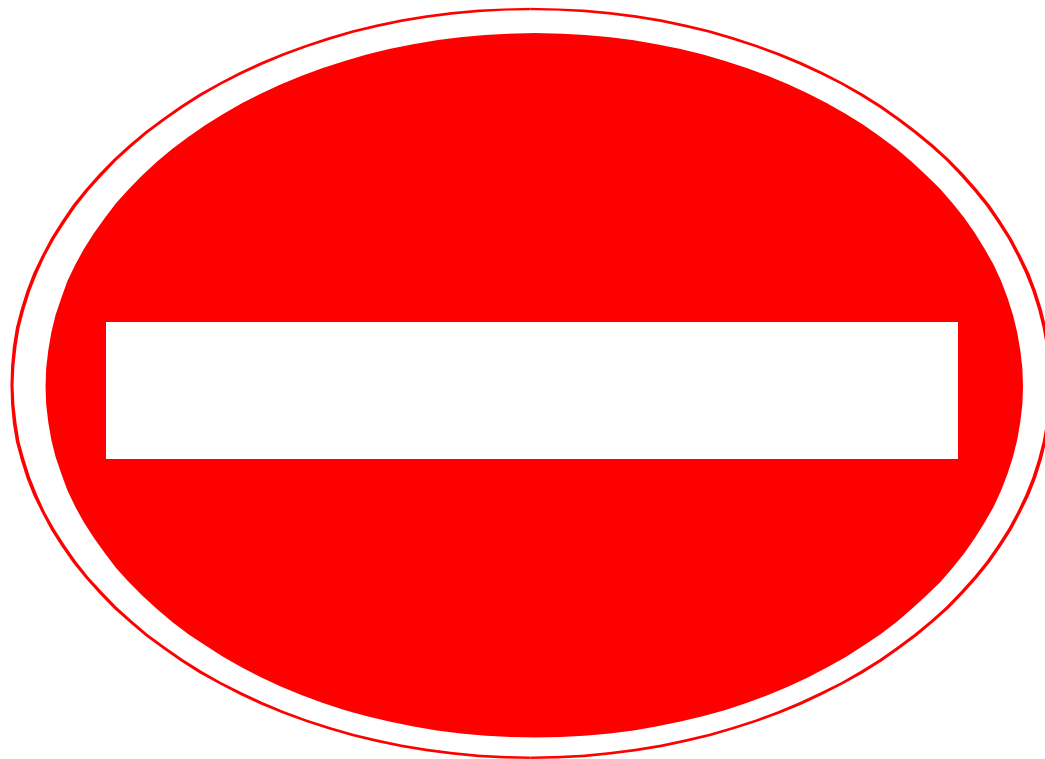
- **Normal, preferably liquid soap must be used for hand washing, except where alternative measures are required.**
- **Should a bar of soap be used, it must be stored in such a manner that all excess water is properly drained.**
- **Should liquid soap be used, the container must be replaced or alternatively properly cleaned and re-filled ; Liquids may not be added to a partly filled container.**



- **Only use disposable towels for drying of hands.**
- **Antimicrobial products that do not require the use of water, such as foam or other acceptable rinsing agents, can be used in areas where no hand wash basins are available.**



BAD HABITS THAT ARE PROHIBITED IN A FOOD PREMISES





**Never handle
food without
wearing head
gear**



**Do not handle food while wearing jewelry -
bacteria can accumulate there under**



Always wear clean and proper protective clothing



Do not handle food with bleeding wounds on hands



**Do not handle food with suppurating wounds
on hands**



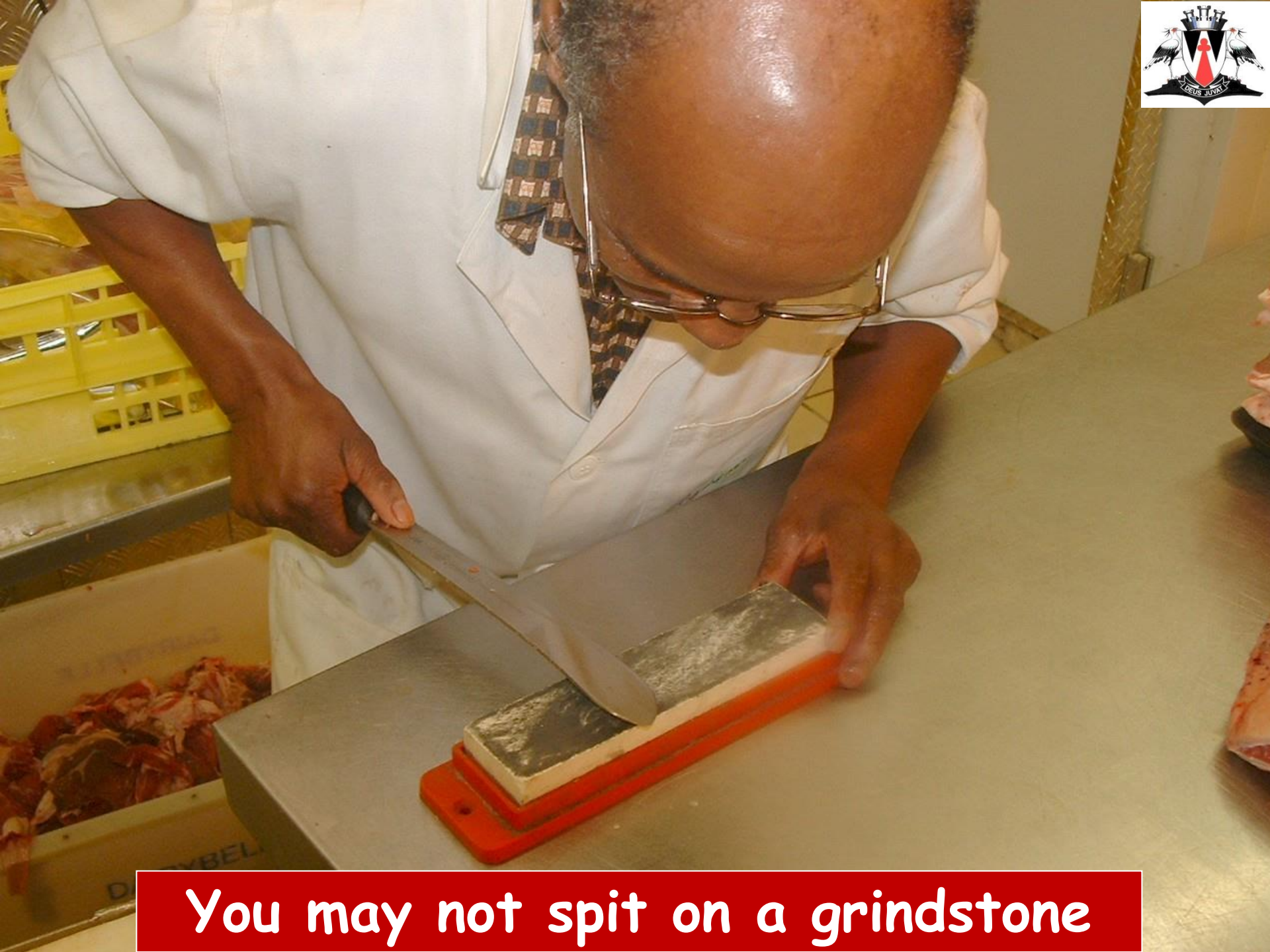
You may not lick off your fingers whilst working with food



You may never lick off a food tong



Do not carry food against your body



You may not spit on a grindstone



Do not inflate entrails with your mouth



Do not cough over food



Do not sneeze over food



Do not wipe your nose or any part of your body on your clothing



Do not pick your nose whilst working with food



Do not inflate packing materials



Do not touch your hair whilst working with food



Do not sit on a working surface



Do not stand on a working surface



Do not spit on the floor



Do not spit on kitchen equipment



Do not smoke whilst working with food



**THIS SINK IS FOR
FOOD WASH
ONLY**

Do not wash your feet in the wash basin



Do not taste and then stir food with the same spoon



Never handle raw and cooked food simultaneously - or place it together in the same container



Do not handle food with bare hands - always use food tongs



WHAT IS GOOD HABITS?

**REGULAR HAND WASHING
IS THE
MOST IMPORTANT
HABIT
OF THE FOOD HANDLER**

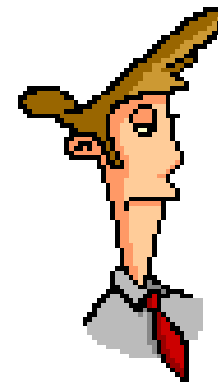




HAND WASHING



IS



COMPULSORY



Before the start of each shift



After your tea break



After you used the toilet



After smoking



After touching your mouth



After you blew your nose



After you wiped sweet from your fore-head



After you touched your hair



After you handled money



After you washed the floor or handled dirty rags



After you have peeled or cut vegetables



Before you handle or cut vegetables that will be consumed in its raw state



After you handled raw meat



After you handled raw fish



After you handled eggs



After you handled the waste bin



After you handled the waste

After you handled the grease trap or any other dirty object in the food preparation area





**WHAT
ADDITIONAL
GOOD HABITS
ARE
THERE?**



Always wear clean protective clothing



Damaged hands with cuts and / or sores must be treated and be daily covered with water proof dressings and gloves



Immediately report to your supervisor should you have a disease such as diarrhea, skin rash, cold or tuberculoses



Immediately see a doctor if you suspect that you have contracted a disease



An annual medical check-up for tuberculosis are recommended



REMEMBER!

**CLEAN WELL DRESSED
FOOD HANDLERS ENSURE
HAPPY CLIENTS**





**KEEP
CALM
AND**

**THINK
FOOD SAFETY**



QUESTIONS ANSWERS

