

## **Food Safety Guidance**

### **The Essentials of Food Hygiene**

Ensure that you always wear clean clothing and keep yourself clean.

Your hands must always be washed thoroughly, and in particular:-

- ✓ Before handling food
- ✓ After using the toilet
- ✓ After handling raw foods
- ✓ After handling waste
- ✓ After cleaning activities
- ✓ After blowing your nose
- ✓ After every break.

If you have been suffering from any skin, nose, throat, stomach or bowel trouble (including sickness and diarrhoea or an infected wound) you must tell your supervisor before you start work. You are breaking the law if you don't.

All cuts and sores should be covered with a waterproof, high visibility dressing.

Avoid unnecessary handling of food.

Never eat or drink in a food room, and never cough or sneeze over food.

If you see something wrong, tell your supervisor.

Do not prepare food too far in advance of service.

Keep perishable food either refrigerated or piping hot.

Keep the storage and preparation of raw and cooked foods strictly separate.

When cooking or reheating food, ensure it reaches the required safe temperatures.

Be aware of allergens in foods and what to do to keep allergenic customers safe.

Keep all equipment and surfaces clean. Clean as you go.

Follow any food safety instructions either on the food packaging or from your supervisor.