

Facilitating and Learning Materials

NATIONAL CERTIFICATE I

TRADE AREA:

CASHEW VALUE CHAIN

UNIT 6:

**IMPLEMENTATION AND MONITORING FOOD
SAFETY AND HYGIENE PRACTICES IN
AGRIBUSINESS**

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What is a QR Code (Quick Response Code)?

A QR code (quick response code) is a type of **2D bar code** that is used to provide easy access to information through a **smartphone**.





Example of a QR code

How to scan the QR Code

- You open an app called barcode reader and point the phone camera at the QR code, the app works together with the phone's camera.
- The barcode scanner reads the code and takes you to either the webpage with the extra information or to a video with extra information for independent studies.

After certain information you will see a table with a QR code as well as the title of the document or video of the QR code and an icon, like the one below.

- You can either scan the QR code with your smartphone or
- Ctrl + Click on the heading which will take you to the same information.

For more information on cost scan the QR below or follow the URL hyperlink		
	[QR Code] How to Use QR Codes	

0. Introduction and preliminary notes

The safety and hygiene standards for food are there to prevent sicknesses and disease caused by the handling of food items. In many cases these hazards cannot even be seen. Food hazards can be microbiological, chemical or physical in nature. Some examples are bacteria, viruses and pesticide residues.

In order to minimise and try and remove these hazards from foods, we need to make sure food stays safe at every step of the food chain from harvesting to processing to storage to distribution and finally all the way to the end user who will prepare and consume it. This means that every part of this food chain needs to be well managed.

LO 1: Demonstrate skills for implementing food safety and hygiene standards

PC(a): Explain food handling



Any aspect of the operations in the preparation, transport, storage, packaging, wrapping, exposure for sale, service, or delivery of food.

A food handler is anyone who, through their work activity, has direct contact with food during any of its phases until it reaches the final consumer. This includes: preparation, manufacture, processing, packaging, storage, transport, distribution, sale, supply and service.

PC(b): Control food safety hazards as required by food safety and hygiene standards

Even a single food-related incident can deal a harsh blow to your business, so food safety should always be a top priority. Read on to learn about the dangers you should watch out for and what you can do to ensure your food is safe to eat.



The 3 types of hazards

Biological hazards include bacteria, parasites, fungi and viruses. They can develop in poorly handled food or through contamination from an outside source. Ensure that all your produce has been handled in controlled environments according to legal, company and other requirements. In all cases of suspected contaminated food, dispose of it immediately.

Chemical hazards are harmful substances such as pesticides or machine oils. These hazards are present at every stage of food handling. Minimize risk by inspecting the food upon the delivery to ensure the goods coming in are fit for consumption – record deliveries in to your premises and mark any issues on the document. Always ensure that all foods are handled and stored correctly. Ensure that you have separate storage for the chemicals used in your operation.

Physical hazards are objects which contaminate your foods such as pieces of glass or metal, toothpicks, jewellery or hair. Care should be taken at all stages of the food chain in order to reduce the risk of contamination. Ensuring that all foods are covered in storage will help prevent physical contamination from occurring.

Hazard Prevention Solutions: Preventive Controls

<p>QUICK TIP #1: Hand washing</p>	
<p>Human contamination of food is the highest ranked risk for food & beverage manufacturers, and hand washing is the preventive control. Regular washing of hands can help prevent contamination. This is particularly true after breaks and at the beginning of shifts.</p>	
<p>QUICK TIP #2: Hand sanitation</p>	
<p>Hand washing helps prevent human contamination of food – but it doesn't always remove all risks. More and more people are also using hand sanitisers to ensure that hands are completely free of bacteria, viruses and other contaminants.</p>	

QUICK TIP #3: Drain sanitation



Drains have been the source of many biological contaminants, including those involving higher risk bacteria such as *Listeria M.*, responsible for many serious food safety outbreaks. Better maintenance, conditions, and sanitation help support preventive controls. Increase both sanitation (chemical), use of dry steam, and drain replacement and maintenance as preventive controls for drain sanitation.

QUICK TIP #4: Cross-contamination/food contact utensils



Eliminating cross contamination is a real opportunity in nearly all food operations. The use of color-coded and controlled food grade utensils and tools, including sanitary storage, offers a significant opportunity and preventive control measure. Color-coding helps prevent cross contamination, and ensuring sanitation. Multiple sets of tools help to allow for cleaning and sanitation while work continues.

QUICK TIP #5: Cross-contamination/maintenance tools and parts



Eliminating cross contamination is an ongoing challenge for nearly all food and food-related operations. A process for cleaning and sanitizing tools and parts must be in place for food use, and tools and parts need to be protected in storage or when staged for use. The control of cleaned parts and tools establishes a preventive control supported by the storage and separation of clean from used tools that might be contaminated.

QUICK TIP #6: Chemical control



Chemical and non-food material control is a key requirement in food and beverage manufacturing plants. The addition of segregated storage provides a preventive control. Chemicals should be stored separately away from food products when not in use.

QUICK TIP #7: Signage: access/directional/warning



Signage supports a visual workspace with posted information for all employees. Signage with posted information and warnings help support food safety, employee safety, training and multi-lingual communication.

QUICK TIP #8: Doorway sanitation








Many of the major food biological contaminant outbreaks occurred due to broad plant contamination spread in part by poor doorway sanitation. Doorway sanitation is a method of helping to control possible contamination from footwear in a food facility including any chemical, biological, and physical or allergen contaminants. Doorway sanitation between food plant zones including outside-in doors presents an opportunity for control via sanitary mats, fountains, shoe covers, changing from street shoes to designated work boots, and sanitation stations which can be installed to address this problem.

PC(c): Record food safety and hygiene information to meet requirements of food safety and hygiene standards

Food safety records are your evidence that a required activity has been completed. However, many food businesses/agribusinesses fail to include key components to ensure effective record keeping has been implemented.

Find out what should be included on all of your food safety records.



<p>Date and time</p>	
<p>The date and time demonstrate when the testing or monitoring was undertaken. All records should be completed in real time. This means, that information would be recorded at the time of undertaking the check or monitoring. Make sure that that the date includes the “year” and the time includes “AM or PM”.</p>	
<p>Name and signature of the person completing the record</p>	
<p>It is a requirement of the recognized GFSI (Global Food Safety Initiative) standards to include the name of the person completing the monitoring and in the majority of cases the signature of that person as well. It makes it easier to follow-up with a staff member if there are any issues with the food product later down the track.</p>	

<p>Food safety record verification</p>	 <p>Verification</p>
<p>A person in authority should check all food safety records. This process aims to verify that there are no issues missed, process parameters have been met and the record has been completed effectively and correctly. Issues can be more quickly identified when a good record keeping system is in place.</p>	
<p>Result of monitoring</p>	
<p>The main purpose of completing food safety records is to capture process information. When information is not captured on the record, it is very difficult to justify or evidence that the activity was completed. In a nutshell, make sure that all results are recorded as required (good or bad).</p>	
<p>Legibility</p>	
<p>Being able to read the information documented on a food safety record is a must. Hand writing or data entry must be legible. Recording information that you cannot read after the event renders the information useless. To help food operators adequately record information ensure that all food safety forms are well designed.</p>	

PC(d): Maintain a clean and tidy order to meet food safety and hygiene standards

All operations on the food chain need to be controlled to prevent food contamination. Where necessary, this will include:

- avoiding the use of areas where the environment poses a threat to the safety of food;
- controlling contaminants, pests and diseases of animals and plants in such a way as not to pose a threat to food safety;
- adopting practices and measures to ensure food is produced under appropriately hygienic conditions.

<p>Environmental hygiene</p> <p>Potential sources of contamination from the environment should be considered. In particular, food production activities should not be carried on in areas where the presence of potentially harmful substances would lead to an unacceptable level of such substances in food.</p>	
<p>Hygienic production of food Sources</p>	
<p>Identify any specific points in food processing activities where a high probability of contamination may exist and taking specific measures to minimize that probability. The HACCP-based approach may assist in the taking of such measures.</p> <p>Producers should as far as practicable implement measures to:</p> <ul style="list-style-type: none"> - control contamination from air, soil, water, feedstuffs, fertilizers (including natural fertilizers), pesticides, veterinary drugs or any other agent used in primary production; - control plant and animal health so that it does not pose a threat to human health through food consumption, or adversely affect the suitability of the product; and - protect food sources from faecal and other contamination. <p>In particular, care should be taken to manage wastes, and store harmful substances appropriately. On-farm programmes which achieve specific food safety goals are an important part of primary production and should be encouraged.</p>	

Handling, storage and transport



Procedures should be in place to:

- sort food and food ingredients to segregate material which is evidently unfit for human consumption;
- dispose of any rejected material in a hygienic manner; and
- Protect food and food ingredients from contamination by pests, or by chemical, physical or microbiological contaminants or other objectionable substances during handling, storage and transport.

Care should be taken to prevent, as far as possible, deterioration and spoilage through appropriate measures which may include controlling temperature, humidity, and/or other controls.

Cleaning, maintenance and personnel hygiene

Appropriate facilities and procedures should be in place to ensure that:

- any necessary cleaning and maintenance is carried out effectively; and
- an appropriate degree of personal hygiene is maintained.



Establishment: Design and facilities

Depending on the nature of the operations, and the risks associated with them, premises, equipment and facilities should be located, designed and constructed to ensure that:

- contamination is minimized;
- design and layout permit appropriate maintenance, cleaning and disinfections and minimize air-borne contamination;
- surfaces and materials, in particular those in contact with food, are non-toxic in intended use and, where necessary, suitably durable, and easy to maintain and clean;
- where appropriate, suitable facilities are available for temperature, humidity and other controls; and
- there is effective protection against pest access and harbourage.

Equipment



Equipment should be located so that it:

- permits adequate maintenance and cleaning;
- functions in accordance with its intended use; and
- facilitates good hygiene practices, including monitoring.

Internal structures and fittings



Structures within food establishments should be soundly built of durable materials and be easy to maintain, clean and where appropriate, able to be disinfected. In particular the following specific conditions should be satisfied where necessary to protect the safety and suitability of food:

- the surfaces of walls, partitions and floors should be made of impervious materials with no toxic effect in intended use;
- walls and partitions should have a smooth surface up to a height appropriate to the operation;
- floors should be constructed to allow adequate drainage and cleaning;
- ceilings and overhead fixtures should be constructed and finished to minimize the build up of dirt and condensation, and the shedding of particles;
- windows should be easy to clean, be constructed to minimize the build up of dirt and where necessary, be fitted with removable and cleanable insect-proof screens. Where necessary, windows should be fixed;
- doors should have smooth, non-absorbent surfaces, and be easy to clean and, where necessary, disinfect;
- working surfaces that come into direct contact with food should be in sound condition, durable and easy to clean, maintain and disinfect. They should be made of smooth, non-absorbent materials, and inert to the food, to detergents and disinfectants under normal operating conditions.

Containers for waste and inedible substances

Containers for waste, by-products and inedible or dangerous substances, should be specifically identifiable, suitably constructed and, where appropriate, made of impervious material. Containers used to hold dangerous substances should be identified and, where appropriate, be lockable to prevent malicious or accidental contamination of food.



Self – assessment

LO 1: Demonstrate skills for implementing food safety and hygiene standards

a) Explain food handling

1. What is food handling?

b) Control food safety hazards as required by food safety and hygiene standards.

1. What are the 3 types of hazards

c) Record food safety and hygiene information to meet requirements of food safety and hygiene standards

1. List the information that is required to be in records.

d) Maintain a clean and tidy order to meet food safety and hygiene standards

1. List 5 areas that can contribute to maintaining safety and hygiene standards in a production facility

2. Briefly explain one of the areas from question 1 above.

For more information on importance of food hygiene scan the QR below or follow the URL hyperlink



<https://www.youtube.com/watch?v=ejVZPRNgNLs>



For more information on food safety and good hygiene scan the QR below or follow the URL hyperlink



<https://www.youtube.com/watch?v=zaHuHubvfu>



LO 2: Demonstrate skills for maintaining and improving food safety and hygiene practices

PC(a): Monitor work area, materials, equipment and product to ensure compliance with food safety requirements

Monitoring procedure



Food safety monitoring is essential to ensure that the food produced by the food industry is both safe and suitable for consumption. Without it, how do you prove to regulatory authorities and external auditors that

compliance obligations are being met?

Without food safety monitoring, we would not be able to support the food safety status of our food production and supply.

Common monitoring activities

If you have a HACCP based food safety program implemented in your business, you should be familiar with CCP monitoring or monitoring of critical limits. Food safety monitoring seeks to ensure that potential hazards do not become uncontrolled and subsequently result in illness or injury to food consumers.

- The form of monitoring depends on the type of preventive control being utilized (e.g. visual observation, measurement of parameters, etc.)
- The frequency of monitoring must be sufficient to ensure that preventive controls are consistently performed.
- Monitoring must be documented, including name and signature of employee, and date and time

Practical considerations:

- You must monitor your preventive controls frequently enough to ensure all your product is acceptable
- Monitoring must be documented in “real time”

The system of food safety monitoring

Food safety monitoring systems developed and implemented in your food business should include the following components:

- **What** – Describe what is going to be monitored.
- **Where** – Explain where the food safety monitoring will take place. This is usually a location or point in the food production process.

- **How** – Communicate how the monitoring is to be undertaken. Written procedures allow everyone involved in the food safety monitoring activity to complete the task the same way.
- **When** – Indicate when the monitoring is to take place. This is also known as the frequency. Examples include “at receipt”, “hourly”, or “after cleaning”.
- **Who** – Designate a position or person who will be responsible for the food safety monitoring. It is also ideal to have deputies listed to complete the task if someone is away.
- **Record** – List the name of the monitoring form that needs to be completed by the person designated to complete the monitoring. Without records, you will not be able to prove or provide evidence that the food safety monitoring has taken place.

Control of food hazards



Food business operators should control food hazards through the use of systems such as HACCP. They should:

- **identify** any steps in their operations which are critical to the safety of food;
- **implement** effective control procedures at those steps;
- **monitor** control procedures to ensure their continuing effectiveness; and
- **review** control procedures periodically, and whenever the operations change.

These systems should be applied throughout the food chain to control food hygiene throughout the shelf-life of the product through proper product and process design.

Control procedures may be simple, such as checking stock rotation calibrating equipment, or correctly loading refrigerated display units. In some cases a system based on expert advice, and involving documentation, may be appropriate.

Management and supervision

The type of control and supervision needed will depend on the size of the business, the nature of its activities and the types of food involved. Managers and supervisors should have enough knowledge of food hygiene principles and practices to be able to judge potential risks, take appropriate preventive and corrective action, and ensure that effective monitoring and supervision takes place.

Documentation and records

Where necessary, appropriate records of processing, production and distribution should be kept and retained for a period that exceeds the shelf-life of the product. Documentation can enhance the credibility and effectiveness of the food safety control system.

Recall procedures



Managers should ensure effective procedures are in place to deal with any food safety hazard and to enable the complete, rapid recall of any implicated lot of the finished food from the market. Where a product has been withdrawn because of an immediate health hazard, other products which are produced under similar conditions, and which may present a similar hazard to public health, should be evaluated for safety and may need to be withdrawn. The need for

public warnings should be considered.

Recalled products should be held under supervision until they are destroyed, used for purposes other than human consumption, determined to be safe for human consumption, or reprocessed in a manner to ensure their safety.

PC(b): Identify processes, practices or conditions which do not comply with food safety and hygiene standards

In order to identify processes, practices or conditions which do not comply with food safety and hygiene standards, let us first look at some categories of non-compliance and their causes.

<p>Inappropriate agricultural practices</p>	
<p>Poor hygiene at any stage of the food chain</p>	
<p>Lack of preventive controls during processing and preparation of the food</p>	

Incorrect use of the chemical materials



Contaminated raw materials



Contaminated food and water



Inappropriate storage



Monitoring of cashew production is done through observation, testing and compliance audits to ensure that products meet the minimum safety, hygiene and quality requirements for human consumption and sale. When we monitor the production process, we will check all of the above areas for possible contaminations.

Preventative monitoring is the continuous monitoring of a production process with a view to picking up non-conforming products BEFORE they leave the facility. A second form of monitoring is through customer satisfaction and customer complaints. This is known as corrective monitoring.

Monitoring results should be recorded and actioned as needed to ensure product compliance to standards.

What do I do if I find something wrong?

In the next section, we will look at how to handle non-compliances.

PC(c): In case of non-compliance, take corrective actions within own scope of responsibility



All non-compliances should be immediately actioned.....

Corrective actions must be taken whenever:

- A preventive control is not implemented or is ineffective
- A review of verification records finds appropriate decisions about corrective actions were not taken or that records are incomplete
- The manufacturer or processor learns that a supplier is not controlling significant hazards in a raw material or ingredient
- Product testing reveals a pathogen or indicator organism in food
- Environmental monitoring reveals the presence of an environmental pathogen or indicator organism

Appropriate corrective actions depend on the situation but generally include:

- Identifying and correcting the problem
- Evaluating all affected food for safety
- Preventing all affected food from entering commerce until determining it is safe

Practical considerations:

Establishing corrective action procedures:

- Determine what corrective actions you will take if monitoring indicates preventive controls were not properly performed
- Address investigation of what caused the failure
- Ensure all affected product is controlled from the last acceptable check
- Determine needed preventive measures

The measures that should be followed to ensure food safety.

Step	Danger	Measure
Supply/Purchase	Contamination of raw foods	Make sure that hygienic conditions are provided and maintained during supply and transportation.
Storage	Contamination	Keep foods in wrapped or closed containers. Perform pest control.
	Reproduction of bacteria	Monitor the time and temperature of storage.
Preparation	Contamination resulting from personal hygiene	Wash hands before touching the food. Prevent cross-contamination by surfaces and containers. Separate cooked foods from raw foods. Use boiling water, especially if the food will not undergo additionally cooking.
	Reproduction of bacteria	Pay close attention to the amount of time foods remain at room temperature.

Cooling and keeping at cool temperatures	Reproduction of the bacteria and spores which did not die in high temperature; toxin production	Do not let foods remain at room temperature longer than two hours. Beware of the thermal agitations in long-term cold storage.
	Contamination by various sources	Wrap the foods appropriately and prevent their direct or indirect contact with raw foods Make sure that the food containers are clean when storing the cooked foods.

Pathogens that threaten food hygiene, the foods they infect and preventive measures.

Pathogen	Foods involved/sources	Prevention
Campylobacter	Infected food handler	Cook all foods thoroughly. Wash hands properly.
Hepatitis A	Fruits, vegetables, any food that will not undergo further heat treatment	Prevent cross-contamination through hands. Ensure food handlers practice proper hand washing, and prevent bare hand contact with food.
Norovirus	Raw fruit, raw vegetables,	Wash hands. No bare hand contact with food.
(Staph) S. aureus	Food handlers' infected cuts, throat, nose and acne	Practice proper hand washing and hygiene. Avoid cross-contamination. Keep bare hand contact with foods to a minimum. Prohibit workers who have cuts and lesions from handling cashew
Shigella	Human faeces and flies	Practice proper hand washing after using the bathroom. Use only approved water and foods Control flies. No bare hand Contact with food.

PC(d): Report Any Non-Compliances to Designated Personnel

Documentation of noncompliance, while it addresses a specific issue observed at a specific point in time, is indicative of a failure somewhere within the food safety system as a whole. Because each observed condition affects multiple aspects of the system, food safety related non compliances documented under a HACCP, Sanitation SOP, or SPS task are weighed equally as they relate to the entire food safety system.

It is of utmost importance whenever there is any non-compliance to food safety and hygiene it is all workers responsibility to report it to their line manager or supervisor. It will help to avoid major costs in damages and possibly save lives.

Paper-Based Records Versus Electronic Records	
Paper records require additional staff to handle and support paper files and to organize countless documents.	An electronic medical record platform requires less staff and time and no physical storage space.
They are less costly at first but highly vulnerable to break-in.	It entails initial costs as it is being implemented.
Because everyone’s handwriting is different, paper records are sometimes illegible.	However, the costs of records over time will decrease significantly.
Space to write everything down is limited.	Electronic records have enough space to entre all required information.
Additional staff are needed to handle and support paper files and to organize countless documents.	With electronic records, managers and supervisors have access to the data they need instantly.

Self – assessment

LO 2: Demonstrate skills for maintaining and improving food safety and hygiene practices

PC(a): Monitor work area, materials, equipment and product to ensure compliance with food safety requirements

1. Name 6 components of a food monitoring system.

PC(b): Identify processes, practices or conditions which do not comply with food safety and hygiene standards

1. Name seven (7) conditions that can lead to contamination?

PC(c): In case of non-compliance, take corrective actions within own scope of responsibility

1. Complete the table below:

Step	Danger	Measure
Supply/Purchase	Contamination of raw foods	
Storage	Contamination	
	Reproduction of bacteria	
Preparation	Contamination resulting from personal hygiene	
	Reproduction of bacteria	

PC(d): Report any non-compliances to designated personnel

1. Why is it important to report non-compliances to designated personnel?

LO 3: Demonstrate skills for complying with personal hygiene standards

PC(a): State the importance of good personal hygiene practices in agribusiness

Maintaining personal hygiene is necessary for many reasons; personal, social, health, psychological or simply as a way of life. Keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and bad odours.



PC(b): Report health conditions and illnesses as required by the food safety and hygiene standards

In order to avoid risks, food handlers have to be careful with:

- **Own health:** In case of illness, notify your superior as soon as possible (If you have nausea, vomiting, diarrhoea, fever, skin rash, etc.).
- **Personal hygiene:** Maintain a high degree of personal hygiene.
- **Workwear:** Work clothes should be exclusively for work and food handling, and should preferably be light-coloured. They should be clean and neat, and should not be taken out on the street or in places where it may become contaminated.

The **cap or hairnet** should cover the hair completely to prevent it from falling on the food.

It is not allowed to wear **personal items** (pendants, earrings, rings, piercings...)

If **gloves** are required for work, they should be kept clean and unbroken. Even if you wear gloves, you should also wash your hands.

- **Hygienic habits:** It is **prohibited** in the workplace: smoking, chewing gum, eating, coughing, sneezing or blowing on food, talking on food (might cause microorganisms we have in our saliva to fall on the food).

One of the most important habits when working as a food handler is the correct **HAND WASHING**. Hand washing will be frequent and there are times when it is mandatory.

Wash your hands with warm water and antibacterial soap, rubbing well between your fingers, and with a hand brush between your nails. Then we'll dry ourselves with single-use paper.

What must a food handler do if she or he is sick?



**PLEASE INFORM LINE
SUPERVISOR OF ANY ISSUE**

If a food handler has a food-borne illness

Food handlers must tell their work supervisor if they have any of the following symptoms while they are at work - vomiting, diarrhea, a fever or a sore throat with a fever. The only exception to this is if the food handler knows that he/she has these symptoms for a different reason. For example, a food handler may be vomiting at work because of pregnancy.

Food handlers must also tell their supervisor if they have been diagnosed as having or carrying a food-borne illness.

As well as reporting the food-borne illness, the food handler must not handle any food where there is a chance they might make the food unsafe or unsuitable because of their illness. Also, if a food handler stays on at work to do other work, he or she must do everything reasonable to make sure that they do not contaminate any food.

Note: Illnesses that can be passed on through food include Hepatitis A and those caused by giardia and campylobacter.

If a food handler has skin injuries or sores or is otherwise unwell

Food handlers must tell their supervisor about any infections or conditions like a cold or other problem that may result in discharges from their ears or nose or eyes if there is any chance that they might make food unsafe or unsuitable for people to eat as a result of their condition.

Also, if they continue to handle food with such a condition, food handlers must do whatever is reasonable to make sure that they don't contaminate any food. For example, an infected sore could be completely covered by a bandage and clothing or by a waterproof covering if on an area of bare skin, and medication can be used to dry up discharges.

If a food handler knows or suspects he or she might have contaminated some food

Food handlers must tell their supervisor if they know or think they may have made any food unsafe or unsuitable to eat. For example, jewellery worn by a food handler may have fallen into food.

What about personal hygiene?

Food handlers' personal hygiene practices and cleanliness must minimize the risk of food contamination.

The most important things they need to know are that they must:

<p>Do whatever is reasonable to prevent their body, anything from their body or anything they are wearing, coming into contact with food or food contact surfaces</p>	
<p>Do whatever is reasonable to stop unnecessary contact with ready-to-eat food</p>	
<p>Wear clean outer clothing, depending on the type of work they do</p> <p>Make sure bandages or dressings on any exposed parts of the body are covered with a waterproof covering;</p>	

Not eat over unprotected food or surfaces likely to come in contact with food

Not sneeze, blow or cough over unprotected food or surfaces likely to come into contact with food



Not spit, smoke or use tobacco or similar preparations where food is handled



Do not urinate or defecate except in a toilet.



Handlers are expected to wash their hands whenever their hands are likely to contaminate food



This includes washing their hands:

- immediately before working with ready-to-eat food after handling raw food;
- immediately after using the toilet;
- before they start handling food or go back to handling food after other work;
- immediately after smoking, coughing, sneezing, using a handkerchief or disposable tissue, eating, drinking or using tobacco or similar substances; and
- after touching their hair, scalp or a body opening. How should food handlers wash their hands?
- Use the hand washing facilities provided by the business.
- Clean their hands thoroughly using soap or other effective means.
- Use warm running water.
- Dry their hands thoroughly on a single use towel or in another way that is not likely to transfer disease-causing organisms onto the hands.

PC(c): Wear appropriate clothing and footwear that meet the requirements of the food safety and hygiene standards

Make sure that all personnel in food-handling areas wear suitable protective clothing.

The main purpose of protective clothing is to protect food from contamination from people. It also keeps people and their clothing clean and dry.

Protective clothing – is taken to mean coats, overalls, gloves, aprons, headgear and footwear, for example, rubber boots or shoe covers. In food handling areas coats / overalls should completely cover all personal clothing. Headgear should completely contain and cover hair and snoods should cover beards and moustaches. Staff who lift beef quarters, for example, should wear clean protective neck shields, or hooded overalls.



<p>Overalls</p>	
<p>Gloves</p>	
<p>Aprons</p>	
<p>Headgear</p>	

Rubber boots or shoe covers



Design - use protective clothing designed to avoid contamination of the product (for example, coats with press-studs rather than buttons and with no external pockets) and is preferably light coloured so that contamination is easily seen)

Fit – protective clothing should fit reasonably well, for example, coats that are too small may not cover outer clothing properly, and clothing or footwear that is the wrong size may limit movement and lead to accidents. **Quality** - non-disposable protective clothing needs to be made of durable material that is able to stand frequent washing at high temperatures. Disposable protective clothing must be sufficiently robust to afford the required level of protection.

Defects – inspect protective clothing regularly for damage or wear and have defective items repaired or replaced when necessary as they could fail to prevent contamination.

Make sure that protective clothing worn in food-handling areas is clean.

Protective clothing / headgear / footwear needs to be cleanable or disposable. All personnel, including visitors should wear clean protective clothing when entering food-handling areas and change that clothing if it becomes excessively soiled and change or wash protective footwear.

Colour coding – this is an effective way of differentiating between clothing / footwear intended for use in different work areas.

Supplies – arrange to have adequate supplies of protective clothing available so that staff have clean clothing every day and can change if items become excessively soiled.

Storage – store protective items in suitable facilities where they are kept clean and protected from outdoor clothing and other potential sources of contamination.

Self – assessment

LO 3: Demonstrate skills for complying with personal hygiene standards

PC(a): State the Importance of Good Personal Hygiene Practices in Agribusiness

1. Why is personal hygiene necessary?

2. What does PPE stand for?

PC(b): Report health conditions and illnesses as required by the food safety and hygiene standards

3. What type of conditions and illnesses need to be reported?

PC(c): Wear appropriate clothing and footwear that meet the requirements of the food safety and hygiene standards

4. What is the main purpose of protective clothing

Job Task: Demonstrate Skills of Using Personal Protective Equipment



LO 3: Demonstrate skills for complying with personal hygiene standards

PC(c): Wear appropriate clothing and footwear that meet the requirements of the food safety and hygiene standards

Situation: You are co-worker in a cashew production facility. Safety is important to prevent product contamination. Demonstrate how to use the appropriate PPE for the task given to you by your employer. **Instructions:**

1. Choose the correct standard PPE that is used.
2. Inspect the PPE for damage or wear.
3. List the different damages that can be visible on the PPE.
4. Explain importance of PPE.
5. Wear the PPE you have selected correctly.
6. You have **30 min.**

Use the checklist to follow the stated steps in selecting and using PPE. Rate your own performance critically and honestly after you have completed each activity.



Excellent



Okay



Try Again

Daily PM Activities	Rate
1. Wearing the necessary protective equipment	
2. Different damages identified and marked if necessary	
3. Explanation provided of the importance of PPE.	
4. Time adhered to	

What are the challenges you faced in understanding the process?

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For more information on food processing plant scan the QR below or follow the URL hyperlink



<https://www.youtube.com/watch?v=icV0w3UmkBc>



For more information on food processing plant scan the QR below or follow the URL hyperlink



<https://www.youtube.com/watch?v=Sq1ZwiTISqI>



For more information on basic food safety “health and hygiene” scan the QR below or follow the URL hyperlink



<https://www.youtube.com/watch?v=IAcoUszRGxc>



Reflection on your learning in this unit



You will write **short reflections** of your learning and actions relating to the knowledge you have learnt and the practical skills you have developed.

Tips for writing your Reflection/Reflection

Journal: You should write in your Reflection Journal within 24 hours of completing your practical session to record your experiences while they are fresh in your memory. Use the '**What, So What, Now What Model**' to guide your writing. Answer the following

questions:

What happened to...? (Describe what happened when did what you did)

So What did I learn from that? (Give at least 2 examples)

Now, What can I do better in future? (How can I improve next time?)

What did you learn to do?

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.....
.....

What difficulties did you face in this unit?

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.....

What can I do it better in future?

.....
.....
.....

How long did it take you each time you did it?

Attempt 1

Attempt 2

Attempt 3

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