



NEWSLETTER

SEPTEMBER 2008

WELCOME TO THE SEPTEMBER NEWSLETTER – A QUICK EDITORIAL

Well I think that is the summer well and truly over, sorry maybe I shouldn't say anymore as I think everyone has just about had enough! On a more positive note this month's newsletter is now complete. It contains all the regular items along with the second part of our special feature on basic food hygiene. The third and final part will be in the October newsletter. I hope you all enjoy the read!

EVENTS & EXHIBITIONS:

- Next year's CATEX exhibition in the RDS Dublin opened for bookings a couple of months ago in July. Space is already beginning to fill with 45% of floor space pre-booked previously. The Catering Equipment Association is investing record funds in the exhibition promising to make it bigger and better than ever.
- Clean Expo South 2008 is taking place in Esher, Surrey just 15 miles south west of London. The event will be held at Sandown Park Exhibition Centre on the 23rd and 24th of September.

SPECIAL FEATURE: We have the second part of the special feature on the 'Basic Food Hygiene' this month. There will be information on cleaning the workplace and personal hygiene. For those who wish to read more please see appendix 1.

WEBSITE: I am sure you are all well aware that Kitchenmaster recently went for a new 'facelift' with regard to our label designs. These have now been updated on the website so please feel free to have a look.

F.A.Q'S – CLASSIFICATION SYMBOLS

Q.1 What does this symbol mean?



A.1 An orange box with an 'X' in it means that the product is classified as 'Irritant'. This means that the product could cause irritation if used over a prolonged period of time or the irritation could happen immediately if, for example, you suffer from sensitive skin. With an irritant product it is necessary to always wear gloves to protect yourself.

Q.2 What does this symbol mean?



A.2 If a product has this symbol on its label it means it is 'Corrosive'. Common corrosives are strong acids and strong bases or concentrated solutions of certain weak acids and weak bases. If you see this symbol you should be very careful with the product as it means it can burn. With regard to PPE (personal protective equipment) all garments should be worn i.e. gloves and eye/face protection.

Q.3 What does this symbol mean?



A.3 This means the product is flammable. If a product is flammable it means it can be easily ignited and burn rapidly. With these products it is necessary to store the chemical correctly, in the correct designated location and with the correct labelling.

Q.4 What does this mean?



A.4 A blank orange box means that the product is non-classified. Many products are non-classified such as washing up liquid. Even with these products we still recommend wearing gloves as your hands have a natural layer of body fat over them that protect them. If your hands are constantly in and out of water you will lose this protective/barrier layer, hence it is important to wear gloves.

AND FINALLY....A practical joker who turned his workmate into a 'human fireball' has been jailed for 18 months. A railway worker crept up on his colleague with a cigarette lighter after learning he had accidentally drenched himself in petrol lifting a generator. The lighter was flicked on accidentally and within seconds this 'moment of stupidity' had turned the man into a mass of fire. The man suffered 20% burns. Although it was an accident the very severe extent of these injuries made this a particularly serious case. Despite the railway workers 'deep remorse' and the fact that he had never intended such harm, prison was inevitable. Part of COSHH training emphasises how important it is not to play practical jokes in the workplace...clearly this is the case in all industries.

APPENDIX 1

CLEANING THE WORKPLACE

It is important to know how to clean everything properly so that it is safe. A detergent is required to help dissolve grease and remove dirt. Even if a surface looks clean it may still have bacteria on it hence a disinfectant is required. There are six stages of cleaning and disinfection; pre-clean, main clean, rinse, disinfection, final rinse and drying. The six stages of cleaning can be applied to anything in a food workplace for example work surfaces:

1	PRE-CLEAN	Brush away food debris and wipe surfaces. Use scourer to loosen stubborn spots.
2	MAIN CLEAN	Use clean water and detergent. Pay attention to difficult areas e.g. corners.
3	RINSE	Use clean water and a clean cloth.
4	DISINFECTION	Use a disinfectant solution and leave on for contact time.
5	FINAL RINSE	Use clean water and a clean cloth.
6	DRYING	Leave to dry naturally.

All staff should know about the cleaning schedule. This tells you:

- How to clean
- How often to clean
- What chemicals to use
- Who should clean

(Kitchenmaster can provide cleaning schedules for any of our customers who need them for their end users.)

Where possible it is important to clean as you go. Cleaning chemicals should be used carefully and always follow the manufacturers instructions. Use fresh disinfectants and leave them on surfaces long enough to take effect.

Food handling equipment should be designed for easy cleaning. It should be smooth, made of a non-reactive material, have few joints or holes where dirt and bacteria can hide and be easily movable.

Equipment should be made from materials which are resistant to rusting, non-toxic, non-absorbent and durable e.g. stainless steel and polypropylene.

Equipment such as cutting boards and knives should be colour coded to avoid cross contamination.

PERSONAL HYGIENE

When working with food it is essential that you have a high standard of personal hygiene:

- Hair should be clean, tied back and covered when you are handling food. Don't scratch your head when there is food around and never comb your hair in a food preparation.
- With regards to the mouth, nose and eyes many people have Staphylococcus aureus living here. To avoid transferring these harmful bacteria into food:
 - Don't pick your nose
 - Don't spit
 - Don't smoke
 - Don't eat or chew gum
 - Don't cough or sneeze over food
 - Don't taste food with your fingers
 - Don't bite your nails or lick your fingers
- If you need to blow your nose do it away from food, use a paper tissue, throw it away immediately and then wash your hands straight away.
- Even clean skin has a lot of bacteria on it. You must wash regularly to remove these bacteria.
- All cuts and wounds should be covered with a waterproof dressing before starting to work with food. The dressing should be brightly coloured (often blue) so that it can be seen easily if it falls off.
- Hands are the parts of the body which come into contact with food the most often. Wash your hands often and always after;
 1. Visiting the toilet
 2. Touching your face
 3. Handling raw food
 4. Handling rubbish
 5. Breaks, and anytime you come back into a food preparation area
 6. Cleaning and disinfecting the workplace.
- Your nails should be kept short with no nail polish.
- Wash your hands and wrists effectively and dry hands carefully.
- Jewellery, including watches, should not be worn while working with food as bacteria can live on these. Heavy make-up or strong perfume/aftershave can taint the food hence should not be worn.

It is the law for food handlers to wear suitable protective clothing. This can include hair nets, hats, over-clothes, disposable gloves etc. They should be clean, washable, well fitting and light coloured. It is vital that you do not wear these items outside of work as they will become contaminated with bacteria.

It is also law for food handlers to report to their supervisor if they are, or suspect they are, suffering from food poisoning, or a food-borne disease. You should tell your supervisor if you are suffering from a cold, sore throat, boils/spots, a septic wound, diarrhoea, an upset stomach and sickness.