

# Food Safety Information

## FOOD HYGIENE GUIDANCE NOTE THE ESSENTIALS OF FOOD HYGIENE

Before any food handler is allowed to start work for the first time, they must receive written or verbal instruction in the Essentials of Food Hygiene. The following are examples of the instructions which must be given:

- . **Keep yourself clean and wear clean protective clothing, particularly if you handle unwrapped food.**
- . **Always wash your hands thoroughly: before handling food, after using the toilet, handling raw foods or rubbish, before starting work, after every break, after blowing your nose.**
- . **Tell your supervisor before commencing work if you have any skin, nose or throat trouble, have an upset stomach, diarrhoea or infected wound. You are breaking the law if you do not.**
- . **Ensure that cuts and sores are covered with a waterproof, high visibility dressing.**
- . **Avoid unnecessary handling of food.**
- . **Do not smoke, 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 preparation of raw and cooked food strictly separate.**
- . **When reheating food, ensure it gets piping hot.**
- . **Clean as you go. Keep all surfaces and equipment clean.**
- . **Follow any food safety instructions either on food packaging or from your supervisor.**

These points can be amended to suit your particular business.

You are recommended to keep a record of the instruction given to each member of staff and the date when it was given.

The majority of food handlers will require additional training on a Hygiene Awareness or Basic Food Hygiene Course. Details of these courses and which members of your staff must attend them can be obtained from Environmental Health and Licensing, Brighton and Hove City Council, Bartholomew House, Bartholomew Square, Brighton, BN1 1JP or by telephoning 294491.

