

Topic 4. Cleaning

Clean as you go

In any business, surfaces and equipment become unclean because of food scraps, grease or other mess. This can be hazardous!

Cleaning is the process of removing dust, grease, odours, dirt and stains from all surfaces, fixtures (such as lights, cupboards and shelving), utensils and equipment – not only inside a building, but also outside, in the backyard and in rubbish areas.

There are many reasons why cleaning is important in food handling areas:

- Customer satisfaction
- Prevents food poisoning
- Prevents disease spreading
- Creates safe working conditions
- Helps keep equipment well maintained



Manual cleaning

This involves cleaning dirt, grease and food scraps off surfaces using cleaning equipment such as brooms, mops and scrubbing machines and/or hot soapy water.

Microscopic cleaning

This involves killing bacteria on the surface being cleaned by using either very hot water or a sanitiser.



Food Safety Supervisor says...

“Cleaning should always be seen as a preventative measure, not as an afterthought so you should ‘clean as you go’. If left until the end of the day, the cleaning tasks are bigger and you may be too tired to start on a big cleaning job.”

What do I clean with?

Cleaning equipment

It is important to have good cleaning equipment such as mops, brushes, protective clothing, gloves and chemicals.

All cleaning equipment should be kept in a good and clean condition to avoid spreading bacteria.



Remember to always store cleaning equipment away from food areas.

Detergents

Detergents are used to remove grease, dirt and grime from surfaces.

Detergent is like soap – it only removes surface bacteria – **it does not kill bacteria.**



Food grade sanitisers

A sanitiser is used after the detergent and kills bacteria. Sanitisers can be chemicals or very hot water (80°C to 85°C). Methylated spirits and water (75/25 per cent ratio), chlorine bleach, or a commercial chemical sanitiser can be used.

It is not an option to use either a detergent or a sanitiser – both **MUST** be used.

Disinfectants

Disinfectants are chemicals which often have a strong smell. They are used in toilet and dressing room areas and should never be used in the place of sanitisers.

How do I clean?

There are four steps that need to be taken to clean and sanitise effectively.

The steps apply to all food businesses and to all equipment, surfaces, floors and walls.

Step 1: Scraping

Loosen and remove food scraps, dirt and grease by soaking, scraping and rinsing.



Step 1: Scraping

Step 2: Main cleaning

Remove surface dirt, grime, food debris or grease by washing and scrubbing using a detergent.



Step 2: Main cleaning

Step 3: Sanitising

Use a chemical sanitiser or very hot water.



Step 3: Sanitising

Step 4: Air drying

Allow cleaned items to air dry naturally on a clean, sanitised surface. Air drying is an important step in the cleaning process. Tea towels should be avoided as they are excellent breeding places for food poisoning bacteria.



Step 4: Air drying



Food Safety Supervisor says...

"Remember to air dry plates. Don't be tempted to pick up a damp tea towel and wipe them as you won't be drying them but contaminating them instead!"

What is a cleaning schedule?

Your Food Safety Supervisor will use a 'cleaning schedule' to keep track of vital cleaning tasks.

Food preparation areas and equipment should be cleaned:

- Before use each day
- During the day
- At the end of the day

As a food handler you are responsible for certain cleaning tasks, and to sign the cleaning schedule. Your Food Safety Supervisor will check the cleaned item and the schedule to see that it is filled in daily.

The schedule should be put on a wall or noticeboard where everyone can see it. The schedule includes details about:

- Who is to clean
- What is to be cleaned
- How it should be cleaned
- When it should be cleaned
- What chemicals, materials and equipment are required



Cleaning Schedule

EXAMPLE OF A CLEANING SCHEDULE

ITEM	WHO	WHEN	HOW	WHAT WITH
1. Kitchen Floors	Peter Evans	1. After Spillages	1. Sweep entire area, especially where the floors meet the walls and coving 2. Mop with hot water and detergent 3. Mop with sanitiser 4. Allow to air dry	Broom, Dustpan, Vacuum, Mop, Wringer Bucket, Detergent Sanitiser
2. Preparation benches	Peter Evans	1. Start of day 2. After spillages 3. End of day	1. Remove loose debris with clean cloth 2. Wash in hot water and detergent 3. Apply sanitiser 4. Allow to air dry	Hand Scraper Clean Cloth Detergent Double Sided Bucket

Pests - Common pests and what they can do

Pests spread disease through bacteria and droppings. They can cause food poisoning and damage equipment and premises. It is vital that pests are kept out of food preparation and handling areas.

The most common pests that cause a threat to food areas are flies, cockroaches, ants, rats, mice and weevils.



Food Safety Supervisor says...

“Let me know if you see any evidence of pests”.

Garbage

Handling and disposing of garbage correctly is vital in any food premises to minimise the risk of cross contamination, odour and pests. Like most cleaning tasks, managing the rubbish is just common sense.

Bins in food preparation/service areas

- Empty bins regularly – after each meal service or when full
- Wash out the bin with hot soapy water and line with plastic bin liners

Council garbage bins

- Hose down the area where bins are stored
- Close the bin lid and make sure that it is not too full
- Do not compress garbage
- Wash out the bin with hot, soapy water



Tell your Food Safety Supervisor if there are not enough bins (or when they are overflowing).



Food Safety Supervisor says...

“Don’t forget to separate recyclables like glass, paper, cardboard, aluminium cans, plastic and put them into a separate bin for collection”.

To download the City of Melbourne's Waste Wise Guide, got to www.melbourne.vic.gov.au/wastewise.

Good house keeping tips

Good housekeeping is everyone's responsibility in the food industry.

Food Safety Supervisor says...

- *"Clean up after yourself and put things away after you have finished with them.*
- *Pick things up off the floor and put things back into storage areas where they should be.*
- *Wipe up spills on the floor before someone falls over.*
- *Make sure that food ingredients are stored correctly.*
- *Check to see that chemicals are labelled properly.*
- *Empty bins when they are full.*
- *Replace hand washing supplies like paper towels if you see the dispenser is empty.*
- *Ask what else you can do to help and report any mishaps to me.*
- *Remember to 'clean as you go'."*



Solutions to Activities

Dirty Kitchen

Did you find... (from page 3)

Cleaning and sanitising

- dirty tea towel
- cold water used for washing dishes in sink

Garbage and pests

- Lid partly off garbage bin
- Open window and no fly screens
- Plate of food left to cool by the open window

Cleaning and storage

- Cracked plates that cannot be cleaned and sanitised
- Open tins and packets
- Chemicals incorrectly stored with food

Temperature control and food storage

- Fridge door open
- Leg of meat left out of the fridge
- Raw steak placed above cooked lamb
- Blood and juices dripping onto cooked meat

Pest control

- Mouse hole in skirting board and trail of mouse droppings on floor

Personal hygiene

- Smoking in a food preparation area
- Hair is uncovered
- Bandage on finger uncovered
- Dirty clothing
- No protective uniform

Cross Contamination

- Cutting up chicken and meat on the one work surface
- Blood from steak contaminating work bench

Joe's diary (from page 10)

	Right ✓	Wrong ✗
Sliced vegetables with a clean and sanitised knife	✓	✗
Used the same knife to slice the cooked ham	✗	✓
Washed tomatoes in the hand-wash basin	✗	✓
Put sliced ham in a covered container and placed it on the top shelf of the refrigerator	✓	✗
Placed the hot soup by the open window to cool quickly	✗	✓
Went outside for a cigarette and washed his hands when re-entering the kitchen	✓	✗
Used the same chopping board to cut up raw meat and cooked meat	✗	✓

Storing foods (from page 12)

Top shelf: B. Cooked ham and D. Sponge cake with cream.
They are ready to be eaten or cooked.

Middle shelf: A. Prepared salads must be above raw meat.

Bottom shelf: C. Raw chicken must ALWAYS be on the bottom.