

Risk Factor #3 Continued

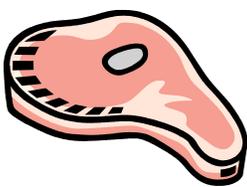
Cross Contamination

Food can become contaminated with disease causing bacteria through careless handling. Cross contamination occurs when food comes into contact with animal products such as raw chicken or raw beef. Keep ready-to-eat foods separate from raw foods and their juices. Food can be contaminated by dirty cutting

boards, utensils, preparation tables, or an employee's hands.

To prevent cross-contamination:

- Use separate cutting boards.
- Store raw meats on the bottom shelves below other foods.
- Wash and sanitize utensils and food contact surfaces.
- Wash hands when appropriate.



Contamination can also occur before the food is delivered to the facility. It is important therefore, to properly wash produce prior to cutting, cooking, preparing, or serving it.



Risk Factor #4

Poor Employee Health & Hygiene

The health of your employees is important because they can affect the health of customers. It is the responsibility of the person in charge (PIC) to make sure all of the employees who are working are healthy. The PIC is to **restrict** employees from working around food, utensils, equipment, or linens if they have diarrhea, vomiting, fever, or sneezing and coughing that cannot be helped by medicine. The PIC is to **exclude** an employee from the restaurant if they are diagnosed with a reportable illness. It is also the responsibility of the PIC to notify Environmental Health

if any employees have been diagnosed with a reportable illness.



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Reportable Illnesses Include:

- ***Salmonella typhi.***
- ***Salmonella spp.***
- ***Shigella spp.***
- ***Entamoeba histolytica.***
- ***Escherichia coli.***
- ***Hepatitis A virus.***
- ***Norovirus***

Remember: Employees can spread their illnesses to customers!

Risk Factor #4 Continued

Proper Hand Washing



Proper hand washing is critical in preventing foodborne illness. Employees working with food, utensils, or clean equipment must wash their hands periodically throughout the day, as well as after every time they:

- Use the restroom
- Handle raw meats
- Touch their face or hair
- Eat, drink, or smoke
- Perform any activities that would contaminate the hands such as take out the trash or wash dishes.

Make sure to wash your hands thoroughly with soap and warm water (minimum 100°F) including between your fingers and under your fingernails. Hands must be washed for a minimum of 10-15 seconds. Dry hands with a disposable paper towel.



■ Areas most frequently missed during hand washing
■ Less frequently missed
■ Not missed

Adapted from Taylor L. (1978). An evaluation of hand-washing techniques - I. *Nursing Times*, 75 (January), pp 94-95

Hand sanitizers are good when used in addition to hand washing, but should never be a substitute for proper hand washing. If using gloves, be sure to change them as often as you would wash your hands if you weren't wearing gloves.