

Safety and Sanitation Guidelines Notes (Key)

List important safety guidelines for each box in each section.

Workplace Safety

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| <p>OSH Act Protects employee health and safety Passed in 1970 Requires employers to make the workplace free of hazards</p> | <p>Commercial Kitchen Hazards Burns and Scalds Cuts Slips and Falls</p> | <p>Safety Guidelines Be sure to locate: Potential dangers Emergency exits and routes Handwashing stations First aid kits MSDS information</p> | <p>Cleaning and Sanitizing Cleaning removes food and dirt from surface Sanitizing reduces pathogens on a surface to safe levels</p> | <p>Chemical and Hazardous Material Electrical Fall Fire and explosion Infectious diseases Machine Toxic substances</p> | <p>First Aid and CPR Examine the victim Determine what is wrong Choose an appropriate treatment Carry out that treatment</p> | <p>Fire Exintguisher Know how fire extinguishers are classified Inspect the fire extinguisher Decide if you will evacuate or stay and fight</p> | <p>Remember the acronym PASS Pull the pin Aim at the base of the fire Squeeze the lever Sweep back and forth</p> |
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Food Safety

| Foodborne Illness | Causes of Food Poisoning | Least Wanted Foodborne Pathogens | Long Term Effects | Who's At Risk? |
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| <p>Each year, 1 in 6 Americans (or 48 million people) get sick from foodborne illnesses.</p> <p>3,000 Americans die yearly, from food borne illness.</p> <p>Reducing foodborne illness by just 10% would keep 5 million Americans from getting sick each year.</p> | <p>Bacteria and Viruses</p> <p>Parasites</p> <p>Mold, Toxins, and Contaminants</p> <p>Allergens</p> | <p>Campylobacter</p> <p>Clostridium botulinum</p> <p>E. coli 0157:H7</p> <p>Listeria monocytogenes</p> <p>Norovirus</p> <p>Salmonella</p> <p>Staphylococcus aureus</p> <p>Shigella</p> <p>Toxoplasma gondii</p> <p>Vibrio vulnificus</p> | <p>Kidney failure</p> <p>Chronic arthritis</p> <p>Brain and nerve damage</p> <p>Death</p> | <p>Pregnant women</p> <p>Older adults</p> <p>Persons with chronic illnesses</p> <p>Young children</p> |

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Professional Attire and Personal Hygiene

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| <p>Appropriate Work Attire Staff Uniform - Clean, Fits properly Shoes - Clean, Polished Keep jewelry to minimum Hair neat and trimmed Hands clean Fingernails trimmed and clean with clear or natural nail polish Teeth clean and breath is fresh Use deodorant No heavy colognes or perfume</p> | <p>Personal Health Get enough sleep Exercise regularly Stay home when ill</p> | <p>Wash Hands Often Before Eating or drinking Handling raw meat poultry, or seafood Prepping food Putting on gloves</p> | <p>Wash Hands After Cleaning tables or busing dirty dishes Handling chemicals Handling money Handling raw meat, poultry, or seafood (before and after) Removing chewing gum with your fingers Sneezing, coughing, or using a tissue Taking out garbage Touching clothing or aprons Touching your hair, face, or body</p> | <p>How to Wash Your Hands Apply soap Wet hands and arms Scrub hands and arms vigorously Rinse hands and arms thoroughly Dry hands and arms After Washing Your Hands Use a paper towel to turn off faucet Use a paper towel to open restroom door</p> |
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