**Health and safety**

**What is the risk? How do I avoid it?**

**Choose which ones are relevant and put them in to the correct place in the production plan. See if you can add to the list or re-write slightly in your own words. You must use the *correct terminology***

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| Ovens reach temperatures from 100-2500 so to avoid burns we need to make sure oven mitts are used to take food safely out of ovens. Wet tea towels are never used because heat will easily pass through and cause unexpected burns. Your reflex may be to drop the dish or try you are holding. | Hair can drop into food and contaminate food. This can be avoided by tying your hair back |
| Keep workspace clean, tidy. Being messy, disorganised and rushed can lead to accidents, spills and perhaps even unwanted things going into food (physical contamination), causing choking hazards and chemical contamination | If dishes are not washed and dried correctly harmful bacteria have the conditions to grow and then contaminate food the next time they are used. Washing and drying dishes correctly is important to make sure the bacteria are destroyed (hot, soapy water) and drying important to prevent bacteria growing |
| If food scraps are put into sinks they can clog up and if food and moisture is left around sinks it is a breeding ground for harmful bacteria. Scraping plates/dishes of food scraps into the bins at our bench. When finished dishes it is important to rinse sink and dry it thoroughly to avoid harmful bacteria growing. | Harmful bacteria on unwashed hands can be passed into the food as we prepare it. Washing hand correctly in hot soapy water and scrubbing all of your fingers, thumbs and fingernails helps to eliminate this. |
| Knives can cause nasty cuts and bleeding. Knives need to be treated with care, holding them correctly, using clean and dry hands (so they do not slip), correct cutting technique. Cutting a vegetable or fruit so it has a flat side to rest on chopping board. Keep fingertips away from the blade be pushing your knuckles forward of your fingertips. | When using raw meat and fresh vegetables in the same recipe it is easy to cross-contaminate, harmful bacteria such as salmonella passing from the raw chicken to the ‘ready to eat’ raw vegetables. This could cause people to get food poisoning, causing symptoms such as feeling stomach pains, diarrhoea and vomiting. Avoid by using separate/ different colored chopping boards. |
| Knives left in soapy water in a filled sink of water can cause unexpected, dangerous cuts if someone reaches into the sink. To prevent this…….  To clean a large bladed knife safely……. | Food processors or equipment with blades can cause nasty cuts if you do not use safely and know how to clean it safely.  The best way to clean a food processor blade is…..  Precautions when working with an electrical appliance……… |
| Spills on the floor can cause slipping accidents, if someone is carrying hot liquid or a hot dish it cause cause burning accidents as well.  Cleaning spills on floor use……  Cleaning spills on benchtop use ….  Cleaning spills of raw meat juices on bench use…………………… | Hot oil can cause nasty, lifelong scars. When working with hot oil never add water as it causes dangerous spitting and steam. The spilled oil can also catch on fire on a lit gas flame causing a serious fire hazard. Never mix oil and water. Always wait for oil to cool before washing a pan. Know where the nearest fir-blanket is located and how to use a fire extinguisher. Make sure handles of woks or sauepans with oil are kept turned so that they can not be knocked |
| Leaving high risk foods out in the danger zone (between 5 and 60 0C) for longer than 2 hours puts the food at high risk to cause microbiological contamination. Always put high risk food such as milk, cream, meat back in the fridge after use. | Defrosting meat outside fridge on bench tops leaves this high risk food in the danger-zone for a long period and puts people at a higher risk of contracting microbiological food poisoning.  Correct methods of defrosting the meat…….. |
| Never store cleaning chemicals in food or drink containers. The dangers are…..  To avoid chemical contamination……. | People using and eating plant products that can dangerous levels of naturally occuring toxins. Rhubarb leaves or certain fungus and mushrooms, green potatoes. These are a natural chemical contaminant and can cause severe food poisoning if eaten. To avoid make sure…….. |
| Chemical contamination caused by chemical residues left on fresh fruit and vegetables could cause pains in the stomach and food poisoning illness. Wash the fruit and vegetables thoroughly to avoid unwanted chemical residues on the fresh food. | Taking too long to cool food if preparing ahead of time can cause food poisoning because food is being left in the danger zone, moisture and oxygen are also present.  This can be best prevented by……. |
| Use of electrical equipment around water can cause electrocution.  To avoid this………………………. | Poor ventilation could cause people to faint, inahaling strong aromas such as roasting chilli can cause coughing and stinging eyes.  To avoid……………. |
| If fridges and freezers are not at the correct temperatures food may be unexpectedly being stored in the danger zone.  To avoid regularly check that fridges are below 50C and freezers below -150C. Be careful if you are opening and closing the fridge or freezer a lot especially on a hot day. | Using dirty and wet teatowels can cause cross-contamination as well as not drying dishes properly (bacteria will grow in moist conditions) |