

Food Safety and Sanitation Guidelines Notes (Key)

List important safety guidelines for each box in each section.

Personal Hygiene

Appropriate Work Attire

Uniform clean and fits properly
shoes clean and polished
Keep Jewlery to a minimum

Personal Health

Get enough sleep
exercise regularly
Stay home when ill

Wash Hands Often

Before: eating and drinking
handling raw meat, fish, or poultry
prepping food

Wash Hands

After: Cleaning tables, handling chemicals,
money, raw meat, fish, or poultry,
sneezing, coughing, or using a tissue

Restaurant Safety

General Hazards

Electical Hazards
Fire Hazards
Slip/Trips/Falls
New Workers

Safety Guidelines

Locate: potential dangers, emergency exits
and routes, handwashing stations, first
aide kits, and MSDS information

First Aide

Accidents can be prevented and serious
Responsibility to keep safe and customers
and employees safe

Fire Extinguisher

Pull
Aim
Squeeze
Sweep

Food Safety

Foodborne Illness

1 in 6 Americans get sick
3,000 die each year
Reducing by 10% would save thousands

Causes of Food Poisoning

Bacteria and Viruses
Parasites
Molds, Toxins, and Contaminants
Allergens

Least Wanted Foodborne Pathogens

Campylobactor, Clostridium botulinum, E. coli
0157:H7, Listeria monocytogenes, Norovirus,
Salmonella, Staphylococcus aureus, Shigella,
Toxoplasma gondii, Vibrio vulnificus.

Who's at Risk?

Pregnant women
Older adults
Persons with chronic illness