

**HEALTH and SAFETY at WORK**

Work carried out in the Catering industry can at times be confusing. There are a lot of rules and regulations that have to be adhered to. The assessment that you have taken was just that, to assess your knowledge; to supplement that please read and sign your copy of the following information.

1. Correct uniform including sensible shoes and head wear to be worn at all times.
2. When at work always ask to be shown how machinery is operated. **REMEMBER IF YOU ARE UNDER EIGHTEEN THERE IS CERTAIN MACHINERY YOU ARE NOT ALLOWED TO USE – ALWAYS CHECK FIRST.**
3. Follow all ‘on-site’ Health and Safety instructions. If in doubt ask the supervisor or Manager ‘never guess’.
4. Always maintain your personal hygiene to the highest standards, wash your hands regularly, especially after visiting the toilet etc.
5. As a Food Handler the onus is on yourself as well as your colleagues to ensure that any potential hazards are identified and resolved – being a temporary worker does not relieve you of this responsibility.
6. Remember to adhere to the correct temperatures when cooking and serving food.  
At 37oC the ideal temperature for bacteria they can increase from 1-1 million in just nine hours.
7. Never smoke in food handling areas
8. Report any sickness diarrhoea, vomiting etc immediately.
9. ALWAYS keep cooked and raw food separate; use different equipment and chopping boards for each, if colour coded use it. Wash and disinfect raw meat utensils immediately
10. Never use or serve food that you have doubts about.
11. Always conduct yourself in a manner that would not be injurious to colleagues or customers
12. Always check ‘best before’ or ‘use by’ dates.
13. Never refreeze a defrosted item.
14. Cuts, abrasions and sores must always be covered with a waterproof dressing.
15. All surfaces should be cleaned using a non-tainting bactericide.
16. If you are checking food deliveries in, accept nothing that does not conform.
17. Adhere to the ‘on-site’ cleaning schedule.
18. When cleaning read the labels, never mix chemicals, if in doubt ask.

The above is not exhaustive but if the points are adhered to you will help to provide a safe and healthy working environment, both beneficial to yourself your colleague and customers. All work places by law should maintain a safe working environment, if you have any concerns speak to your line manager or supervisor if you are still concerned speak to your Platinum Recruitment consultant.

**DECLARATION**

I have read and understand the above and at all times will endeavour to work in a safe and healthy manner.

NAME.....

DATE.....