

Hygiene and Food Safety



Are you ready to work?

- ☐ Uniform neat and clean, name badge, hairnet in place.
- ☐ Hands are washed and dried thoroughly at least every 30 minutes, as well as after breaks, visiting the toilet, touching hair or face, emptying bins, or completing cleaning tasks.

Food Safety: Bacteria, Food Safety Temperatures

Food safety and bacteria

- ☐ What is food safety?
Effective procedures to ensure food is free of bacteria, viruses, or other harmful substances
- ☐ What are bacteria?
Microscopic organisms found everywhere
- ☐ Why is it important to keep all products covered?
To prevent physical contamination from chemicals or foreign objects
- ☐ Fidelity or damaged equipment is not used and is reported to a Manager.

Food storage temperatures

- ☐ Explain why it is important for food to be maintained at the proper temperature
- ☐ Before any beef product is cooked, upper and lower plate temperatures are checked. Action is taken if temperatures are not within range recorded in the DPMO
- ☐ The internal temperature and visual appearance of a rack of product is checked prior to any product being served from that plate for the first time
- ☐ If any internal beef temperature is not above 10°C or there are signs of red/pink meat and juices, the product is discarded and the trouble shooting guide is followed. Checks are then repeated and the Manager is informed
- ☐ Check that storage areas (freezer, chiller and stockroom) are clean and maintained at the correct temperature
- ☐ Why is it important to keep freezer and chiller doors closed?
To prevent temperature abuse to products
- ☐ Describe three checks that need to be carried out when receiving a delivery
 - Check product temperature on delivery vehicle tailgate
 - Check 'use by dates'
 - Check product and packaging for signs of:
 - Temperature abuse, damage, pest infestation

Secondary shelf life

- ☐ What is secondary shelf life?
The amount of time a product can be held after it is opened or taken from the freezer or chiller and before it is prepared or used in assembly
- ☐ Check and adhere to all primary and secondary shelf lives on open, and when defrosting and tempering products. Check product holding times on its date and time. Discard expired product immediately and record as waste

Hand Washing and Basic Hygiene

Hand washing

- ☐ List three instances when hands need washing:
 - After every 30 minutes
 - Before starting work for the day
 - When entering the kitchen and starting work
 - Before putting on disposable gloves
 - After taking a break of any kind
 - After touching mouth, nose, hair, etc.
 - After using or clearing the toilet
 - After any cleaning/dirty tasks/emptying waste
 - After coughing or sneezing into hand tissue
 - After touching a contaminated surface or object
- ☐ Demonstrate how to properly wash hands
- ☐ Hand washing and drying takes place before commencing work and then every half hour

Basic personal hygiene practices

- ☐ List three basic personal hygiene practices
 - Call in if you are ill
 - If you start to feel ill, tell your Manager. Should not work with illnesses that present a risk to others, e.g. vomiting, diarrhoea, severe skin conditions, flu etc. Report such illnesses to a Manager
 - Don't touch or prepare food if cuts or sores on your hands
 - Uniform is neat and clean
 - No unpleasant body odours/unhygienic personal habits
 - Men are clean-shaven
 - Hair is kept clear of face, kept under a hat or secured with a helmet, where appropriate
 - No watches or visible jewellery worn (except a plain wedding band)
 - Blue waterproof plastic aprons used to cover open wounds
 - Apron is taken off prior to completing cleaning projects, deliveries, 'dirty' tasks, going on break or using the toilet
 - Does not smoke in the kitchen or other prohibited areas

Disposable Gloves

Using disposable gloves

- ☐ List instances when disposable gloves need to be worn
 - Removing raw products from the grill-side freezer and placing them on the grill (blue nitrile resistant)
 - Cracking and pouring shelled eggs into the cooking tray (blue disposable gloves)
 - Preparing Toasted Don Sandwiches, Presets, Salads, mix and ice (vinyl gloves)

Removing gloves

- ☐ Describe when and how disposable gloves need to be removed. Removing of gloves is required:
 - After touching your face, your hair or your clothes
 - After handling rubbish
 - After developing tears or holes in gloves
 - When retrieving stock from the refrigerator or stock room
 - To mop or clean
 - When taking a break
 - To use the toilet
 - If the outside of the glove is touched with the other hand
 - Remove glove by grabbing the glove at the wrist and then pull the glove off so that it turns inside out. Do not touch outside of glove

Avoiding Contamination

Chemical contamination, cleanliness and hygiene

- ☐ Describe how to avoid chemical contamination
 - Follow instructions on cleaning products
 - Keep chemicals in designated storage areas
 - Keep chemicals in properly labelled containers
- ☐ Uses the four-step cleaning method (wash, rinse, sanitise and air dry), or the dishwasher for all portable utensils and equipment
- ☐ Uses clean, appropriately coloured cloths at all times to keep areas clean. Ensures that red border and grill cloths are changed at least every 30 minutes
- ☐ Dispose of waste promptly into the correct bin. Wash hands thoroughly after handling waste

Mcdonalds Station Observation Checklist

Joacim Rocklöv



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technician american academy of sleep medicine association for sleep - Jun 01 2022

web sleep polysomnographic technician position summary a sleep technician performs comprehensive sleep testing and analysis and associated interventions under the general supervision of a sleep technologist and or the medical director or designee a sleep technician can provide supervision of a sleep trainee domains of practice