

## See Care Share Behaviours



**BE MINDFUL**  
Focus on worksite hazards and how we control them.



**SPEAK OUT**  
Encourage positive two-way dialogue.



**GET INVOLVED**  
Be proactive to help keep safety front of mind.

## ESSENTIALS OF FOOD HYGIENE

- Keep yourself clean and wear clean clothing.
- Always wash your hands thoroughly, before starting work and handling food, after using the toilet, handling raw foods or waste, before and after eating, after every break, after smoking, coughing and blowing your nose.
- Tell your supervisor, before commencing work of any skin, nose, throat, stomach or bowel trouble or infected wound. You are breaking the law if you do not do this.
- Ensure cuts and sores are covered with a waterproof, high visibility dressing.
- Avoid unnecessary handling of food.
- Do not smoke, eat or drink in a food preparation area, and never cough or sneeze over food.
- If you see something wrong - tell your supervisor.
- Do not prepare food too far in advance of service.
- Keep perishable food either refrigerated (+1°C - +5°C) or piping hot (+63°C).
- Keep the preparation of raw and cooked food strictly separate.
- When reheating food ensure it gets piping hot - above +75°C (+82°C in Scotland).
- Clean as you go. Keep all equipment and surfaces clean.
- Follow any food safety instructions either on food packaging or from your supervisor.

## 6 STEPS TO EFFECTIVE SANITISING



**1** Remove any loose food debris



**2** Spray cloth with sanitiser



**3** Use cloth to remove soils



**4** Spray clean cloth with sanitiser & wipe the surface



**5** Allow 1 minute contact time



**6** Rinse food contact surfaces with a clean cloth & water

## 6 STEPS TO EFFECTIVE HAND WASHING



**1** Wet your hands



**2** Apply soap



**3** Lather and scrub - for no less than 20 seconds



**4** Rinse for 10 seconds



**5** Turn off the tap using paper towel and dispose of it



**6** Use some more paper towel to dry your hands

## FOOD ALLERGIES

### Be Alert - Food Allergies Can Kill!

Certain foods can trigger a severe allergic reaction termed anaphylaxis. For some people, tiny traces of a certain food can cause this potentially lethal reaction. Common symptoms that allergy sufferers experience include general flushing or inflammation of the skin, abdominal cramps, nausea and vomiting, difficulty swallowing, wheezing and shortness of breath.

- Always answer customers' enquiries with care and understanding.
- If a customer informs you about an allergy, provide them with the Allergen Information, so they can decide on a suitable meal for themselves. Allergen Information is available either in a folder, on a tablet or as a QR code.
- Do not advise the customer, they should make their own decision based on the Allergen Log. If in any doubt, ask your manager to speak to the customer.
- All pre-packaged foods, both bought in and if made in unit and packaged before the customer orders it, must have full ingredient labelling, including allergens.

### Foods That Can Cause Allergic Reactions

Many types of food can cause an allergic reaction. The following foods must be declared as part of the Food Information Regulations 2014

- Celery
- Cereals that contain gluten (including wheat, rye, barley, and oats)
- Crustaceans (such as prawns, crabs, and lobsters)
- Eggs
- Fish
- Lupin (seeds from lupins are sometimes used to make flour)
- Milk
- Molluscs (including squid, octopus, mussels, and oysters)
- Mustard
- Nuts - including almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios, and macadamia nuts
- Peanuts
- Sesame seeds
- Soybeans
- Sulphur dioxide and sulphites (preservatives used in some foods and drinks)

REMEMBER: All allergen requests must be given the same care and attention. If you receive an allergen request outside of the 14, you must consult with your manager or head chef immediately.

IN CASE OF EMERGENCY DIAL 999

## UNIFORM STANDARDS



## FOOD SAFETY POLICY

To view the current Compass Group UK & Ireland Food Safety Policy scan the QR code.



WE LOOK OUT FOR EACH OTHER