

Food safety (CIEH Intermediate Certificate)

Overview

Rigorous enforcement of food hygiene legislation is important but it is not, in itself, sufficient to prevent food poisoning. Food poisoning is normally caused by negligence or ignorance and consequently most experts in food hygiene believe that a reduction in the high level of food poisoning cases will be achieved only by the education of food handlers.

The correct handling of food at all stages in its manufacture, storage, distribution and sale is essential to ensure the food remains safe and wholesome. This in turn will ensure a profitable operation by reducing food spoilage and the exposure of customers to food poisoning.

One of the most successful and cost effective methods of reducing the risk of food poisoning is to ensure that all staff receive comprehensive training in the aspects of hygiene relating to their work. A well trained and informed staff is essential in every food establishment. All personnel must be motivated to work towards the objectives of the organisation. This course has been designed to meet that requirement; with various syllabus revisions, it has been running since 1988.

Training objectives

On completing this course, participants will be able to:

- Play an active part in monitoring food hygiene standards
- Be involved in training activities, especially on the job training
- Effectively supervise food handlers on hygiene issues
- Carry out hygiene audits
- Encourage good standards of personal hygiene
- Assist in hazard analysis programmes
- Help in the formulation and writing of hygiene policies, instructions, etc

Audience

This course is designed for those working in all food businesses at supervisory level. This includes 'traditional' supervisors and team leaders, but also anyone who needs a broad understanding of food hygiene as part of their work. Among those who would benefit are people who have responsibility for the following jobs and functions:

- Quality assurance
- One to one or on the job instruction/training
- Customer complaints investigations
- Raw materials buying
- Sales

Participants need to have an analytical approach to food hygiene and will be encouraged to demonstrate how they can influence others and positively encourage good standards.

Format

An intensive three-day course with a 2-hour multiple choice test of 60 questions. The assessment can be offered immediately following the training programme (which we recommend), or after a period for consolidation and revision, to suit the participants.

Special features – CIEH Certificate

This course follows the Chartered Institute of Environmental Health's syllabus for its Intermediate Certificate, *Food safety*. Award of the certificate is dependent on successful completion of the test.

The course has a general syllabus. It should be tailored to suit the organisation and the participants' job functions, so that all relevant facets of food production, processing, storage, transport, wholesaling, catering and retailing are covered.

The expert trainer

Frances is a highly qualified (MA, BSc, FRSH, MRIPH, Chartered MCIPD, ACIEH) independent consultant and trainer in the health and safety/food safety field. Formerly a training manager in a large London hospital, Frances is also a registered CIEH trainer, a qualified food inspector and currently a senior lecturer at a London college. She has extensive practical management experience and is a very popular trainer generally but particularly in the hospitality and care sectors as well as with local and central government departments.

'Having used Frances's services for three years I am very happy to recommend her. She is reliable and self-sufficient as a supplier of training; and the feedback from delegates has always been that her sessions are valuable, informative and enjoyable.'

Training Manager, Red Carnation Hotel Group

'Frances offers a very wide range of workshops in the health and safety field. Her in-depth knowledge and easy manner made her an ideal choice to deliver this training programme to our employees.'

OD Consultant, London Borough of Havering

Course outline

1 General introduction

- Relationship between food hygiene and food poisoning
- Socio-economic costs of food poisoning
- Definition of terms
- Benefits of high standards of food hygiene
- Causes and types of food poisoning
- Incidence of food poisoning and foods most commonly involved

2 Bacteriology

- Structure, shape and size of bacteria
- Spoilage and pathogenic organisms
- Spores
- Bacterial toxins
- Bacterial reproduction rates
- Factors influencing bacterial growth
- Eradicating bacteria

3 Food poisoning and food-borne disease

- Distinction between food poisoning and food-borne disease
- Sources, types of food commonly involved, vehicles and routes of transmission, average onset times, symptoms, likely carrier status and control measures for the main food-borne diseases food poisoning
- Causative organisms, sources, incubation periods, symptoms, likely carrier status, vehicles and routes of transmission and control measures for the main food-borne diseases
- Potential for bacterial contamination of food and measures available for prevention
- Methods for preventing contamination of high-risk food
- Differences between chemical, metallic and viral food poisoning

4 Physical contamination of food and its prevention

- The potential for physical contamination of food
- Common contaminants
- Procedures for preventing physical contamination of food
- Detection and removal of contaminants

5 Food storage and temperature control

- Importance of satisfactory storage to minimise decomposition and infestation
- Temperatures necessary to control enzyme and bacterial activity in food
- Temperature controlled storage

- Date labelling
- Rapid chilling
- Stock rotation
- Avoiding cross-contamination
- Checking for, and dealing with, damaged stock

6 Food preservation

- Causes of food spoilage / Identifying spoilage / Preventing spoilage

7 Design and construction of food premises and equipment

- Features of good design
- Appropriate materials for the fabric of food premises and for work surfaces, sinks and food equipment
- Need for adequate site services
- Lighting and ventilation in food premises

8 Cleaning and disinfection

- Need for, and benefits of, cleaning and disinfection
- Principles of systematic cleaning and disinfection
- Cleaning and disinfecting equipment, work surfaces and premises
- Role of supervisory management in relation to cleaning and disinfection

9 Pest control

- Habitat, characteristics and reasons for control of the principal food pests
- Methods of control
- Role of supervisory management in relation to pest control

10 Personal hygiene

- Importance of personal cleanliness for food handlers
- Hygiene the responsibility of each member of staff
- problems associated with skin injuries
- Hazards associated with smoking, eating and wearing jewellery and nail varnish
- Methods of monitoring the hygiene of personnel
- Protective overclothing
- Exclusion of staff from food handling duties.

11 Legislation

- Overview of current legislation on food safety, including general requirements which relate to all food premises
- Enforcement and consequences of non-compliance

12 Supervisory management

- Need for standards and specifications relating to food safety
- Supervisor's role in maintaining, communicating and monitoring workplace standards
- Monitoring procedures and processes
- Supervisor's role in inspections and audits
- Monitoring of food and equipment
- Staff training and training records
- Relative roles of the supervisor and the Environmental Health Officer in the investigation of outbreaks of food poisoning and food-borne disease
- Role of the supervisor in food hygiene management
- Use of hygiene policies, hygiene manuals and other documents relevant to management control

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