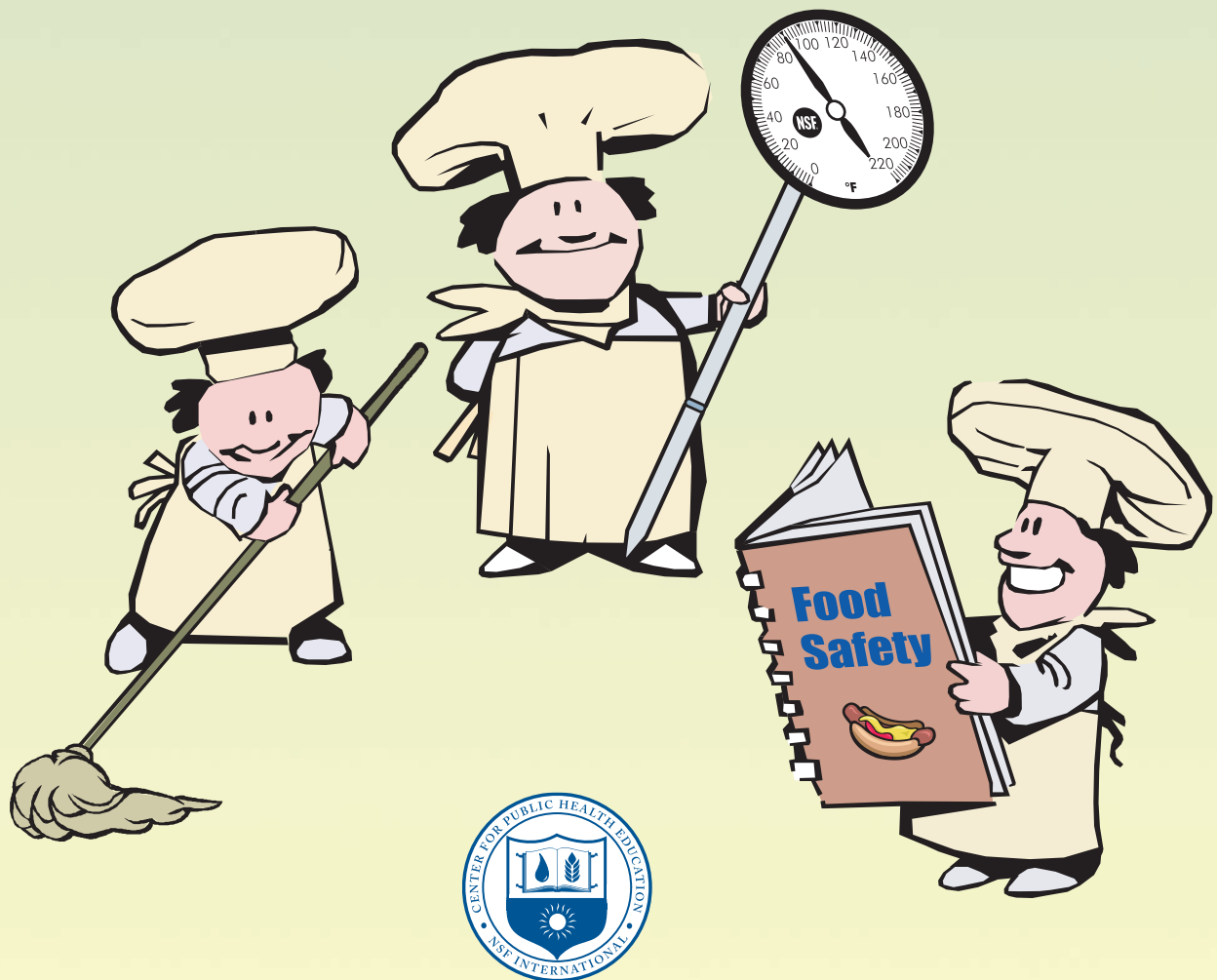




HealthGuard™
Training Series

Supermarket Professional Food Manager Certification Training

Version 1.0



Developed by the NSF Center for Public Health Education

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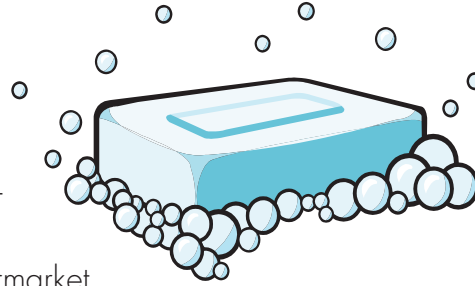
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About This Book

- This course is designed for best presentation when delivered in conjunction with the NSF HealthGuard™ Training Kit available from NSF for NSF recognized trainers.
- NSF encourages trainers who want to use this course to apply to be an NSF recognized trainer by completing the trainer application form at www.nsf.org/cphe.
- This course can be taught in 8–16 hours, depending upon the local training requirements. The training can be delivered as full day sessions or divided into blocks that fit into work schedules.
- This course will prepare food managers for any of the CFP recognized food manager exams including ServSafe, ExperiOr, and the National Registry of Food Safety Professionals exams. Exam ordering information can be found at the back of this book.
- NSF International can customize the contents or presentation of this book to meet your organization's specific training needs.
- Additional training materials and formats, including self-paced CD-ROM training materials and NSF HealthGuard® online training are available from NSF.
- This book reflects the August 29, 2003 Supplement to the 2001 Food Code Supplement. A summary of changes can be found at <http://vm.cfsan.fda.gov/~dms/fc01-sup.html>. The *major* changes of interest are:
 - Revised hot holding temperature requirement for potentially hazardous foods and in-use utensils, from 140°F (60°C) to 135°F (57°C).
 - Prohibition of bare hand contact with ready-to-eat foods being served to highly susceptible populations.
- Please verify that your local authority has adopted the latest Food Code.

3.3 Proper Handwashing Technique

Washing hands is something most people learn at a very early age. It is simple and easy to do. So simple that many people take it for granted. The FDA Food Code specifies how you should wash your hands if you are working in a supermarket. According to the Food Code, effective handwashing takes at least 20 seconds. This includes:



- Wetting hands with warm running water;
- Applying soap;
- Rubbing hands together for 20 seconds, making sure to get soap to all exposed surfaces including in between fingers and forearms;
- Cleaning under fingernails;
- Rinsing all soap; and
- Drying hands using single-use paper towels or a warm-air hand dryer.

Handwashing sinks must only be used for handwashing and may not be used for other purposes such as washing fruits and vegetables or storing sanitizer buckets. Handwashing sinks are required to be accessible for use which means that they cannot be blocked by equipment or other objects such as trash containers. There must also be hot water, soap and an approved hand-drying device (paper towels or air dryer) at each handwashing sink at all times. Hand sanitizing lotions and chemical hand sanitizing gels may be used in addition to handwashing but are not replacements for proper hand washing. While chemical **hand sanitizer** may reduce the number of living microorganisms on a person's hands, it does not actually remove any soil from the hands.



Hand Sanitizer: a liquid, lotion, or gel that contains antimicrobial agents that kill microorganisms on the surface of the skin.

Summary

- ◆ The health and hygienic practices of food employees have a direct impact on the quality and safety of the food they prepare.
- ◆ Poor personal hygiene increases the risk of food becoming contaminated.
- ◆ Food employees can contaminate food if they are suffering from a food-borne or gastrointestinal illness, if they have a lesion or cut, if they are living with someone who is ill, or if they do not properly wash their hands.
- ◆ A carrier is someone who carries pathogens and transmits them to others without ever becoming ill himself.
- ◆ A food employee must notify the person in charge if he is experiencing diarrhea, fever, vomiting, jaundice, or a sore throat with fever.
- ◆ If a food employee is ill due to *Salmonella Typhi*, *Shigella spp.*, shiga toxin-producing *Escherichia Coli*, or Hepatitis A, he may not work in a supermarket.
- ◆ The person in charge is required to maintain the confidentiality of any employee with an illness.
- ◆ The Americans with Disabilities Act (ADA) protects workers from discrimination and does not allow food managers to terminate or transfer employees who have a disease or illness that cannot be spread through food.
- ◆ Effective handwashing takes at least 20 seconds.
- ◆ Handwashing sinks may only be used for handwashing and must be accessible at all times.
- ◆ Hand sanitizers are not a replacement for effective handwashing.
- ◆ Gloves can become contaminated just as easily as hands and are not a replacement for effective handwashing and good personal hygiene.
- ◆ Clothing must be clean. Aprons must be changed as often as necessary to keep them clean.
- ◆ Food employee's hair must be kept from contacting food, clean equipment, utensils, linens, and unwrapped single-use items.
- ◆ The only jewelry item allowed on a food employee is a plain wedding band.
- ◆ Bare hand contact of ready-to-eat foods is prohibited in establishments serving highly susceptible populations.

Employee Health and Personal Hygiene Activity #1

Each of the following statements is either true or false. Mark a "T" for true or an "F" for false in the space provided. If the statement is false, be able to explain why.

1. _____ Wearing gloves when handling food is preferred over handwashing.
2. _____ Hand sanitizers must never be used in place of proper hand washing.
3. _____ Individuals who are HIV-positive or have Hepatitis B should not be allowed to handle food.
4. _____ Food employees are not allowed to work with food if they are experiencing a sore throat, fever, jaundice, diarrhea, or vomiting.
5. _____ A food employee suffering from a foodborne illness is not allowed to work in a supermarket.
6. _____ A food manager is not required to report employee cases of *Shigella* or *Salmonella Typhi* if the employee is already under the treatment of a physician.
7. _____ Food employees must not eat food, drink beverages, chew gum, smoke or chew tobacco while working in a food preparation area.
8. _____ Vaccinations and effective handwashing techniques are ways to reduce the risk of a Hepatitis A outbreak.
9. _____ Because their job duties often do not involve direct contact with food, food managers do not need to wash their hands as frequently as other food employees.
10. _____ Potential food employees may be required to disclose if they have ever had certain foodborne illnesses (such as Hepatitis A) when they apply for a food handling job.
11. _____ The 2001 FDA Model Food Code describes the approved methods and steps involved in effective handwashing.
12. _____ The only jewelry allowed on a food worker's hands are plain rings such as wedding bands. Medical alert jewelry is permitted as a necklace.

Hazards and Sources of Contamination Activity #2

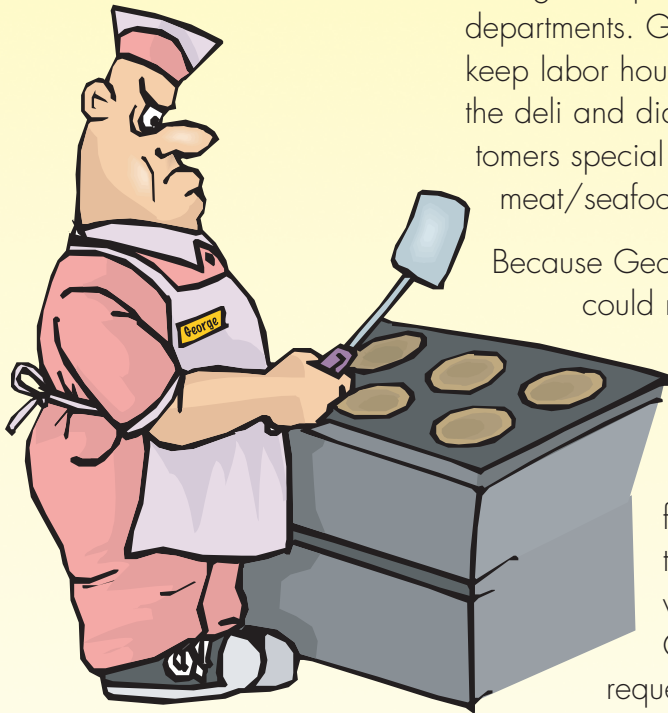


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|--|--|
| | 1. A person's general state of health, his hygienic practices and the cleanliness of his person and clothing. (2 words) |
| | 2. A wound or injury such as a cut, scratch, boil, or open sore that contains pathogenic microorganisms. (2 words) |
| | 3. An illness that affects the digestive system (stomach and/or intestine). (2 words) |
| | 4. One who has a pathogenic microorganism in his system or on his person, but does not show signs of the disease. |
| | 5. A disease that causes inflammation of the liver and jaundice. (2 words) |
| | 6. A common symptom of liver diseases where the skin and eyes appear yellow. |
| | 7. A federal law that prevents discrimination against individuals with disabilities. (initials) |
| | 8. A liquid, lotion or gel that contains antimicrobial agents that kill microorganisms on the surface of the skin. (2 words) |
| | 9. A hat, cap, net, clip or other device used to cover or contain hair. (2 words) |

Let's Discuss

George was an employee at a small, locally owned supermarket. George's primary duties were in the deli. However, in order to pick up extra hours, he spent some time working in the store's meat department, which was linked to the deli by a shared walk-in cooler.

During slow periods, George was able to cover both departments. George's efficiency helped the store to keep labor hours down. George spent most of time in the deli and did not do much cutting, but often gave customers special cuts of meat or filled their orders from the meat/seafood service case.



Because George spent most of his time in the deli, he could most often be found in a bright green deli apron. In running between departments, George did not have time to change from his green apron into the customary white meat smock every time he performed duties in the meat department. Fortunately, the green deli aprons showed very little of the bloody meat stains George acquired while cutting special requests or packaging orders or wiping off his hands. George's hard work was paying off. He had recently been named employee of the month and was hoping to be promoted to assistant manager of the deli soon.

- 1) Are there any food safety risks when one employee works between two departments?
- 2) Was there anything George should have been doing differently?

One day, a sanitarian from the local health department contacted the supermarket owner regarding several confirmed cases of *E. coli* O157:H7 in which the common link to all victims was that they had purchased and con-

sumed deli made sandwiches 3-5 days before the onset of stomach craps and severe bloody diarrhea. The sanitarian collected the two remaining sandwiches from the same batch and brought them to the lab for testing. E.coli O157:H7 was found in both sandwiches.

The victims included a group of school children that had received the sandwiches in bag lunches purchased for a field trip. Three of the children became very ill but no deaths resulted. However, due to a considerable amount of news coverage on the incident, business declined so much that the store involved closed as well as 3 others owned by the group that shared that same banner name. Before the end of the year, the group that owned the stores declared bankruptcy after a series of lawsuits.

- 1) Could this be considered a foodborne disease outbreak?
 - 2) What was the likely cause of the E.coli in the sandwich?
 - 3) Why is it likely that most reported victims were children?
 - 4) How could this tragedy have been avoided?
 - 5) Who was responsible for this outbreak?
-