

SAFE METHOD:

EXTRA CARE: PROTECTING FOOD



It is very important to protect food from harmful bacteria, viruses and allergens that could be spread by other activities in the care home.

SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<p>Handwashing</p> <p>Anyone who works with food should wash their hands before handling it.</p> <p>In particular, people with care duties should also wash their hands after:</p> <ul style="list-style-type: none"> • helping residents e.g. use the toilet • emptying bed pans or using medical equipment • touching dirty linen and clothing • handling pets or their feeding bowls <p>For more advice see the 'Handwashing' Safe method in the Cleaning section.</p>	<p>Harmful bacteria, viruses and allergens can spread very easily from people's hands to food, work surfaces and equipment. Handwashing is one of the best ways to prevent these bacteria spreading.</p> 	<p>How do you make sure staff wash their hands at these times?</p>
<p>Food storage and preparation</p> <ul style="list-style-type: none"> • Do not use food past its 'use by' date • Make sure fridges are operating below 5°C • Follow the storage instructions on food labels. Use open food within two days unless label instructs otherwise. • Keep ready-to-eat food chilled. 	<p>Older people may be more likely to suffer from food poisoning. These checks will help protect residents from bacteria that could cause illness. For further information go to the FSA website.</p>	<p>Are staff trained to make these checks?</p> <p>Yes No</p>
<p>Accidents</p> <p>When cleaning up after accidents (e.g. vomiting or diarrhoea) make sure you wash and disinfect the area thoroughly.</p> <p>Make sure suitable clothing is worn, ideally a disposable apron, and hands are washed thoroughly afterwards.</p>	<p>This prevents harmful bacteria, viruses and allergens from spreading to food preparation areas.</p>	<p>How do you do this?</p>
<p>Meals</p> <p>If care staff help during meals, they should wash their hands thoroughly and put on a clean or disposable apron before serving food or feeding residents.</p> <p>Staff should make sure visitors wash their hands thoroughly before helping to feed residents.</p> <p>Visitors should not be allowed in the kitchen.</p>	<p>This helps to prevent harmful bacteria and viruses spreading to food from hands or uniforms.</p> 	<p>Are care staff trained to wash their hands and wear aprons before serving food?</p> <p>Yes No</p> <p>What type of apron do care staff wear when helping with meals?</p>



SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<p>Laundry</p> <p>Ideally, your laundry facilities should be separate from the kitchen.</p> <p>If you do not have separate facilities, do not allow dirty laundry to be brought into the kitchen while food is being prepared.</p> <p>Do not put dirty laundry or laundry baskets on work surfaces.</p>	<p>This helps to prevent harmful bacteria, viruses and allergens spreading from laundry to food.</p>	<p>Do you have separate laundry facilities?</p> <p>Yes No</p> <p>If not, what do you do?</p>
<p>Cloths and cleaning equipment</p> <p>Do not allow kitchen cloths and other kitchen cleaning equipment, such as mops, to be used outside the kitchen.</p> <p>Ideally, use disposable cloths or paper towels wherever possible.</p>	<p>This is to prevent harmful bacteria, viruses and allergens spreading to the kitchen.</p> 	<p>How do you keep kitchen cloths and cleaning equipment separate from those used outside the kitchen?</p>
<p>Medicines</p> <p>Ideally, medicines that need to be refrigerated should be stored separately from food.</p>	<p>This helps to avoid cross-contamination.</p>	<p>How do you keep medicines separated from food?</p>
<p>Pets</p> <p>If you have any pets in the care home, do not allow them (or their feeding bowls or other equipment) into the kitchen or other food preparation / storage areas.</p>	<p>Pets and their bowls / equipment can spread harmful bacteria to food.</p> 	<p>Do you have any pets in the care home?</p> <p>Yes No</p> <p>If yes, what do you do to make sure pets and their feeding bowls are kept out of the kitchen and storage areas?</p>

WHAT TO DO IF THINGS GO WRONG	HOW TO STOP THIS HAPPENING AGAIN
<ul style="list-style-type: none"> • If you think that staff have not washed their hands before preparing food, ask them to wash their hands immediately and throw away any food they have touched. • If a member of staff is not wearing a clean or disposable apron when serving food, ask them to put one on immediately and replace any food they have served. • If you think that a kitchen cloth has been used in another area of the care home, throw away the cloth. • If dirty laundry or a laundry basket has been put onto a work surface, remove it and wash and disinfect the surface. • Wash and disinfect any equipment, surface or utensil touched by pets. 	<ul style="list-style-type: none"> • Make sure staff are aware of the importance of washing hands properly. • Make sure enough disposable aprons and cloths are available. • Review care home procedures. • Make sure pets are kept out of the kitchen. • Train staff again on this safe method. • Increase staff supervision.

Write down what went wrong and what you did about it in your diary.

