

# RECOGNISING YOUR HAZARD SPOTS

Many hazards exist in the kitchen, here is a summary of potential hazards you need to manage in the kitchen.

## Personal Hygiene

The risk of contamination begins with you. Make sure you and your team comply to personal hygiene standards.



## Deliveries

It's important you check all items before they enter the kitchen. Check the feel, smell, expiry date, colour, damage and temperature.



## Shelf Life

Products should be used within their shelf life. Ensure that the storage instructions are followed.



## Storage Temperatures

Make sure you check the basic condition and temperatures when receiving goods.



## Equipment

Ensure that equipment that has been in contact with food is cleaned after use.



## Storage

Store your products in the right way in the freezer or refrigerator, a low moisture room or a dark room. Storage depends on the type of product but fundamentally they should be kept clean and safe.



## Cross Contamination

Keep raw meat and vegetables away from cooked meat, ensure food is covered and protected.



## Preparation

Early preparation is a great time saver but make sure you contain and label ingredients safely.



## Serving Hot & Cold Dishes

Hot and cold foods should be kept at an appropriate temperature as soon as possible after plating.



## Dishwasher

When loading the dishwasher make sure all the dishes and utensils are correctly stacked to maximise performance.



## Stewarding

Make sure front-of-house staff pay attention to the personal hygiene rules, to reduce the risk of contamination.



## Garbage Disposal

Place a bin in a confined area of the kitchen ensuring it doesn't come into contact with food. Ensure the bin doesn't become too full and is cleaned regularly by a member of staff, washing their hands after use.



## Work Surfaces

Ensure all equipment and benches are clean and tidy.



## Microwaving

Use containers, dishes or utensils appropriate for use within the microwave.



## Regeneration

Rapidly cool hot food to 20 °C in 2 hours and then to 5 °C in another 4 hours.



## Heating

Cook foods to a temperature of 74 °C or higher to ensure that the food is safe for consumption, do not heat large portions at one time.



## Re-heating

When re-heating food, ensure it is cooked thoroughly.



## Frying

Never heat fryer fat to a higher temperature than 175 °C and filter your fat regularly.



## Cutting

Use separate chopping boards for fish, vegetables, cooked meat and raw meat.



## Defrosting

Defrosting should be carried out in a refrigerator or under cold running water where the temperature of the food should not exceed 5 °C.

