

Food & Workplace Safety

Cross Contamination Prevention & Knife Handling Cuts and Bruises

2025-2026 September Edition

In This Issue

As part of the District's continuing commitment to food and workplace safety, an in-depth training on various safety topics will be discussed and reviewed monthly. Please review the monthly newsletter as to why and how to keep our students, faculty and staff safe.

Training requirements

Food Services Manager or Sr. Food Service Worker duties:

- Allocate 15-30 minutes each month to conduct training
- Conduct a separate 5-minute breakout session on the **Safety Review** topic once or twice a month
- Trainings must be completed each month
- File all training materials in the Miscellaneous Folder
- Store training materials with end of year files at the end of the school year
- Complete the survey on the Food Services website to indicate that training is complete

All employees must:

- Sign the 2-part sign-in sheet. One for the Monthly Safety & Sanitation training and for the other column for Spotlight on Safety breakout session



SAFETY REVIEW: Knife Handling Cuts and Bruises

- Cuts With Knives
- Bruises
- Treatment For Minor Cuts
- Treatment For Bruises
- Knife Handling

What Is Cross Contamination?

Cross contamination is when bacteria from one source contaminates a food item during food preparation and service; causing harm to the person who eats the contaminated product.



Eliminating cross contamination is crucial to preventing food poisoning and other foodborne illnesses.

Types Of Cross Contamination

Cross Contamination with Allergens

Allergens are proteins that cause an allergic reaction in some people.

Physical Contaminant

Items found in food sources such as fingernails, hair, and equipment parts.

Chemical Cross Contamination

Improper storage or use of harsh chemicals that are introduced into food source(s).

Bacterial and Viral Cross Contamination

Most common disease-causing microorganisms are bacteria.

Big 6 bacteria and viruses

- Shigella, E. Coli, Salmonella (2 types)
- Hepatitis A and Norovirus

Wash, Rinse, And Sanitize

Wash, rinse, and sanitize all food contact surfaces, sinks, counters, utensils to assist with defending against cross contamination.

- Before and after each use
- Prior to beginning work with another food item
- If the items are in constant use, at four-hour intervals
- When interrupted during a task
- The tools/items become contaminated



Preventing The Various Cross Contaminations

“Equipment to Food”

Wash, rinse, and sanitize all equipment and utensils before contact with food.

Black trash bags are used for trash.

Store all equipment and food away from chemicals

“Food to Food”

Do not allow raw foods to have contact with other foods.

Purchase food items from approved suppliers.

Hold foods at their correct temperatures.

- Hot: 135° or higher
- Cold: 41° or lower

“Hands to Food”

Hand washing will aide in preventing food contamination.

Use gloves and utensils when handling foods during prep and service.

Preventing Cross Contamination During Meal Service



Use utensils when handling cooked or ready to eat food.

Wear single-use gloves when handling cooked or ready-to-eat foods.

Use foil wrap, dishers, spoons, tongs, and spatulas.



SAFETY REVIEW

Knife Handling, Cuts And Bruises

Cuts With Knives

Food preparation tasks require workers to use knives or cutting tools. As workers prepare food items, a simple slip of the hand or a distraction can result in a cut.



Bruises

Bruising occurs when the body absorbs an impact from a bump hazard such as: counter, cart or the floor. The small blood vessels under the skin swell and become inflamed.



Treatment For Minor Cuts

1. Wash the cut with soap and water.
2. Apply pressure and allow blood to flow helps flush out bacteria.
3. Control bleeding by not agitating the clotting blood because that will wash away the scab.

Treatment For Bruises

*When treating a bruise, Remember **RICER** to treating a bruise.*

- Rest** the affected area from further damage.
- Ice** the bruise area reduces the swelling.
- Compression** wraps assists with swelling reduction.
- Elevate** the bruised area at or above heart.
- Rest** resting the injured area.

Knife Handling

Cuts and punctures are the most common injuries in commercial kitchens and cafeterias. Equipment can create a dangerous environment when employees are not mindful and careful.

Here are some helpful tips to prevent lacerations and cuts.

- Store for knives safely (don't leave knives on counters and shelves)
- Use the right size knife for the task at hand
- Never leave knives in sinks, especially submerged in soapy water
- Use a cutting board when cutting and not the countertop



- Pass a knife to colleagues by laying it on a counter, or pass the knife with the blade tip pointed downwards
- Do not use knives that are dull
- When moving around kitchen, use verbal prompts such as: "behind you" or "sharp knife"
- Use box cutters, not knives when opening boxes.
 - Knife Utility W/ 3 Blades, CMS #5214



Focus of the Month for September

As we kick off the new school year, our month's focus will be on managing our inventory levels. By prioritizing inventory control and implementing safety checks, we aim to improve our operations and minimize potential risks and financial losses.”

Inventory Assessment

- **Assess Current Inventory Levels:** Conduct a thorough inventory check to determine what items are currently on hand.
- **Review Shopping List Before Completion:** Before finalizing the shopping list, *review on-hand inventory* levels to avoid overstocking or unnecessary purchases.
- **Execute Receiving Practices:** Inspect incoming delivery for quality and accuracy. Check expiration dates on products, upon receipt, and prioritize using items with the earliest dates. Date items upon receipt.
- **Adherence to FIFO (First In, First Out) Principle:** Arrange products in storage areas according to FIFO principles to ensure older stock is used first.
- **Organization and Storage Optimization:** Keep storage areas well-organized with clear labeling and designed spaces for like items. **Regularly** clean and organize storage areas to prevent *clutter* and facilitate efficient inventory management.
- **Our goal for inventory this new school year:** Is to meet our budget goals on our weekly budget.

F. I. F. O.
First In First Out



AFSS: Please review the focus of the month in your monthly meeting.

Managers: Please post on a visible area and discuss with your crew.