



Safety Awareness Training

**Food & Workplace
Safety**

Hand Washing And General Hygiene & Pest Management

2024-2025 August 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: Transportation Safety To Off-Sites

- Discuss how to transporting foods safely to off-site programs
- Review the common causes of distracted driving incidents
- Tips on driving safely



Practice Good Personal Hygiene As Part Of Your Work Routine

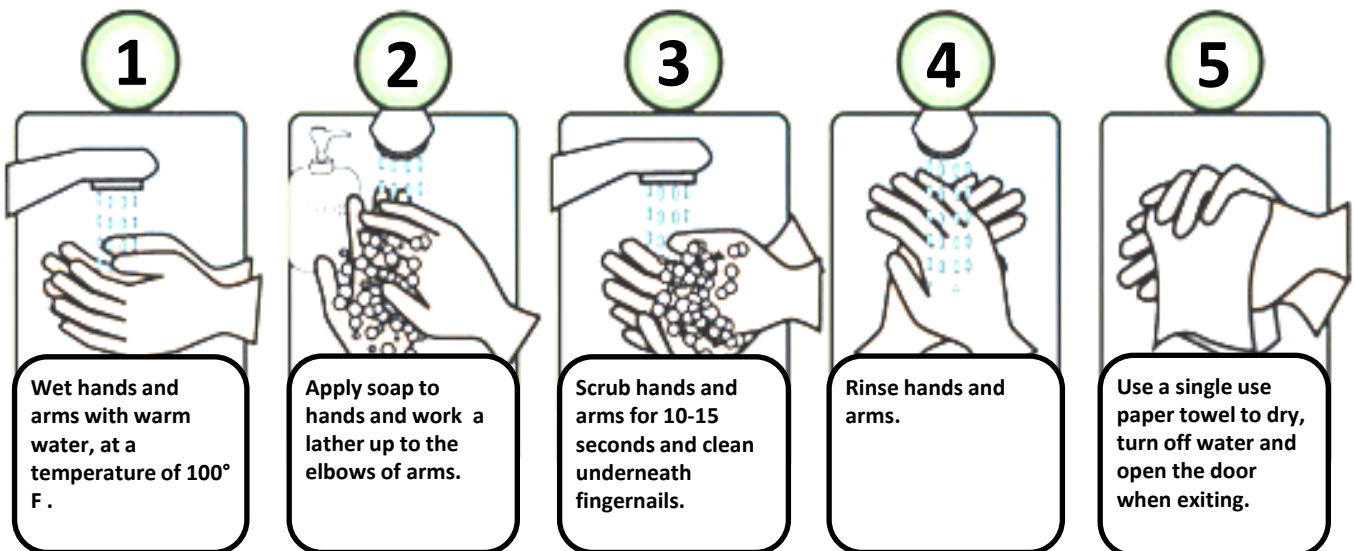
- Avoid personal behaviors that can contaminate food such as: picking nose, playing with hair, not bandage wounds, sneezing and coughing over food
- Wash and care for hands after visiting the restroom, before returning from break(s), in between different tasks, and before and after shifts
- Wear clean and not loose-fitting clothes
 - Dirty clothing may carry pathogens that can cause foodborne illnesses
- Prevent staff from working while ill with or around food, or from working in the food preparation area

Practicing these rules will help prevent food contaminations and food borne illnesses.

How Can Handwashing Prevent Contaminating Food And Foodborne Illnesses During Preparation?

The most effective preventive measure of foodborne illnesses is through **handwashing**. Every time a worker washes their hands, the worker reduces the number of people who potentially could become sick every year. Another reason to wash hands frequently is to prevent cross-contamination (the spread of germs from one place to another), which occurs most often with hand-to-hand or hand-to-surface contact.

Improper hand washing by employees could contribute to spreading foodborne illness and cross-contamination when handling foods. It could also cause foodborne illness by transferring pathogens and microorganisms that cause disease to food by not washing hands.



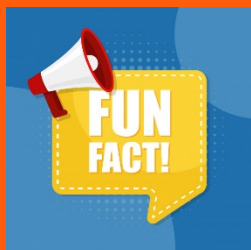
Wash Your Hands After:

- Breaks and before beginning work
- Using the restroom
- Scratching or touching skin or body hair
- Sneezing or coughing into hands and after using a tissue
- Handling trash or debris
- Touching clothing, apron or shoes
- Handling money
- Touching unclean work surfaces or equipment
- Changing gloves in-between task changes



Good Personal Hygiene Includes:

- Showering or bathing everyday
- Be sure to keep hair clean
- Cover sores or cuts on our arms and hands
- Wearing clean uniforms and protective head coverings
- Keep fingernails clean and trimmed
- Washing hands thoroughly after any activity
- Avoid unsanitary habits and behaviors
- Maintaining good health



Smartphones can carry more than 30,000 bacteria

Only 5 % of people wash their hands

80% of diseases are transmitted by touch

1 in 5 people don't wash their hands after using the restroom

Average person's hands carry at least 3000 different bacteria

26,000 live bacteria can be found on an average dollar bill

Damp hands spreads 1000 time more bacteria than dry hands

Computer keyboards contain more bacteria than a toilet seat

Myths And Facts Of Handwashing

MYTH: *It doesn't matter how long I wash my hands if I use soap.*

FACT: Studies show that you should scrub your hands for a minimum of 10-15 seconds in order to effectively remove germs.

MYTH: *Hand sanitizers can replace washing your hands with soap and water.*

FACT: Washing hands with soap and water is the best and most effective way to reduce the number of microbes and germs on hands. Alcohol-based hand sanitizer reduce the number of microbes on hands, but not as effective in removing any inactivating gastrointestinal illness-causing germs such as Cryptosporidium, norovirus and Clostridium difficile.

MYTH: *You don't have to dry your hands after washing them.*

FACT: Studies show that germs can be more easily transferred to and from wet hands, which is why drying hands is essential to preventing bacteria after handwashing.

SAFETY REVIEW

Pest Management



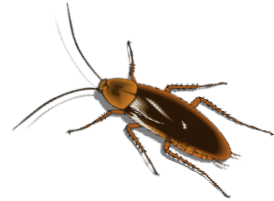
Pest Management

Pests in your operation can contaminate food and supplies leading to foodborne illness. Food service staff need to take the necessary steps to protect their operations from unwanted pests and to report pest activity.



Preventing pests such as: flies, cockroaches, rats, and mice from spreading disease and causing foodborne illnesses in your kitchen begins with working closely with your **Integrated Pest Management** to keep pests under control.

All chemicals used on school grounds must be approved by the Office of Environmental Health and Safety (OEHS) prior to use. Los Angeles Unified School District employees are restricted from bringing outside pesticides to treat their own site.



Stopping Pests From Getting Into The Kitchen

1. Check all deliveries before they enter the kitchen and refuse deliveries that show signs of pest contamination. This would include packages that have insect body parts, egg cases, signs of chewing from rodents, or pest droppings.
2. Make sure all windows and vents have screens.
3. Keep doors and openings leading to the outside closed. Ensure the gap between the door and the floor is no more than $\frac{1}{4}$ " high (a pen should not fit under the door).
4. Make sure there are no openings or holes around pipes or in walls.
5. Cover all floor drains.
6. Seal all cracks in walls and floors. Mice and rats can get into the kitchen by digging through weak and cracked floors and walls.



A mouse can fit into a hole as small as a dime. And a rat can fit in a hole as small as a quarter. Signs of mouse and rat infestation include droppings, gnawed plastic or furniture, tracks and rodent sightings. Mice and rats also emit musky odors. These signs help managers to identify nesting areas. Mouse nests are made from shredded fibers and other found materials.



Diameter= 0.705 inches.



Diameter= 0.955 inches.



DID YOU KNOW?

Door sweeps are important in controlling air movement, allowing less warm air out and vice versa. The tight seal eliminates light, sound and odors that can attract pests.



Focus of the Month for August 2024

As the new school year begins, we're placing a strong emphasis on **Pest Control**. Through diligent daily inspections and rigorous safety checks, our objective is to ensure we have no school closures due to pest issues. By working collaboratively, we can attain this goal.

Best Practices

- **Conduct Initial Inspection:** Check all areas for signs of pest activity. Identify potential entry points and nesting sites.
- **Establish Routine Monitoring:** Complete the Café LA Inspection Log on a daily basis.
- **Implement Preventative Measures:** Ensure windows and doors are kept closed.
- **Maintain Cleanliness:** Regularly clean all areas, especially where food is stored and prepared.
- **Food Storage Practices:** Keep food storage areas dry and organized.
- **Staff Training:** Educate staff on pest control best practices. Train staff to report any signs of pest activity immediately. Use the *6 Tips to Prevent Infestation* poster as a tool for training staff.
- **Emergency Response Plan:** Have a plan in place for addressing any pest sightings. Ensure quick and effective action to mitigate any infestations. Review our *HACCP 5-4 SOP on Integrated Pest Management*.

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

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