Safety Awareness Training

Food & Workplace Safety

Bloodborne Pathogens & Proper Lifting Techniques & Guarding Against Contamination

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 FIRST

SAFETY REVIEW: Safe Lifting Techniques & Guarding Against Contamination
➢ Common causes of back injuries
➢ Causes of lifting or overexertion injuries
➢ Review and discuss proper lifting techniques
  • Contaminates-Glass & Other Physical Objects-Cleaners, Sanitizers, & Polishes

What Are Bloodborne Pathogens?

Bloodborne pathogens are microorganisms present in human blood and certain other bodily fluids that can cause disease in humans. Workers exposed to these pathogens risk serious illness or death.

Examples of some bloodborne pathogens:

➢ HIV
➢ Hepatitis B
➢ Hepatitis C

How Can You Protect Yourself Against A Bloodborne Pathogen?

➢ Be aware of how bloodborne pathogens are transmitted

➢ Use PPE when there is a potential for exposure to blood or bodily fluids

➢ Report any incidents to your supervisor

What Should A Food Service Employee Do If Blood Or Other Body Fluids Gets In The Eyes, Nose, Mouth or Broken Skin?

Step 1. Immediately flush the exposed area with water; clean the wound with soap and water or a disinfectant.

Step 2. Report the incident immediately to your supervisor.

Step 3. Report the incident to your school nurse ensuring appropriate care and medical attention is delivered.

Step 4. Bandage cleaned cuts, and cover with a glove before resuming work. If the cut cannot be bandaged in a way that prevents contamination of food or food contact surfaces, the worker should not resume foodservice duties.

Step 5. Any food that has been contaminated with blood should be immediately discarded.

Step 6. Wear gloves and additional personal protective equipment to protect personal clothing, mouth, and eyes. Clean the contaminated surface with a detergent solution using clean cloth. Rinse contact surface with clean water and sanitize the work area.

Universal Precautions

Universal precautions are methods of protecting yourself from bloodborne pathogens. Universal precautions assume all body fluids are infected with bloodborne pathogens. Universal precautions include:

➢ Washing hands or other skin surfaces thoroughly and immediately if contaminated
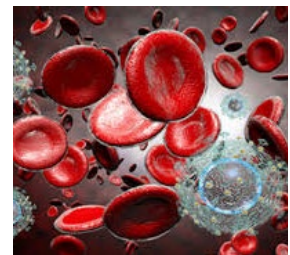
SAFETY REVIEW

Proper Lifting Techniques

Common Causes Of Back Injuries

There are many common practices/conditions that contribute to a back injury. Bad lifting techniques are frequently associated with bending from the wait to pick up items. This leads to lower back, strained back muscles and tendons, or even torn ligaments.

Common Causes Of Lifting Or Overexertion Injuries

The most common causes of lifting injuries in food service are excessive bending, twisting at the waist, and overreaching. Unsafe lifts place stress on the tendons, muscles and ligaments.

Proper Lifting Techniques For Food Services

Prevention begins by following these simple best management practices:

- Use proper storage practices to avoid excessive bending and overreaching
- Store heavy items properly on the middle shelves
- Repackaging the product to avoid lifting heavy and bulky products
- Remember the Safe Lifting Zones

Proper Lifting Technique Tips:

- Focus on the lift
- Move close to the load
- Feet shoulder-width apart
- Squat down to use your leg muscles to lift the load
- Make sure your body is close to the load and grasp it with both hands
- Maintain an "S" curve during lifting
- Tighten the stomach
- Lift the head
- Rise up with your legs
- Keep the load close to your body

When Carrying And Lowering The Load Into Place:

- Keep your back's "S" curve in proper position
- Use your feet, not your waist, to change direction
- Avoid leaning over
- Keep load close to the body and avoid overreaching
- Set the load down in one slow motion

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Best Practices

Guarding Against Contamination
"Physical Hazards"

Contamination poses a significant risk to food safety in the food service industry. To prevent physical contamination, it is essential for food service professionals to adhere to best practices and implement strict protocols in their daily operations.

SITUATIONAL AWARENESS

Situational awareness is a critical component of food safety when guarding against contamination. Being aware of one's surroundings and actively monitoring potential hazards can be the best defense against contamination and other safety risks. Communicate immediately with the Food Services Manager when contaminates are seen where food is prepared, stored or cooked.

Discard any food that has come in close proximity with the following contaminates:

- **Glass:** Light bulbs, fixtures, or glass broken in the preparation areas, storage rooms, ovens or refrigeration/freezer unit.

- **Physical Contaminates:** Staples, Metal Shavings, Bandages and other physical contaminants.

- **Cleaners, Sanitizers & Polishes:** Never store or use cleaners, sanitizers or polishes where food is stored or while being prepared.

Log all food items discarded on the *Damaged and Discard Log.*

Always remember
"WHEN IN DOUBT, THROW IT OUT"