

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 your kitchen. Look out for 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 temperatures when receiving goods.



Equipment

Ensure that equipment that have been in contact with food are 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 frying 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

