

FOOD SAFETY HEALTH CERTIFICATE TRAINING COURSE

for holders of *INTERIM* HEALTH CERTIFICATE



Presented by

Department of Public Health & Social Services

DIVISION OF ENVIRONMENTAL HEALTH



Why do I need to take this course?

- To learn the basics of food safety as a food-handler;
- To understand the important requirements of the food safety regulations (Guam Food Code);
- It is required by the Health Certificate regulations; and
- To prevent customers from getting SICK!

LET'S GET STARTED...

9 Learning Objectives

- **Lesson 1:** Health Certificate
- **Lesson 2:** Foodborne Illness
- **Lesson 3:** Temperature Control
- **Lesson 4:** Cross-Contamination
- **Lesson 5:** Employee Health and Hygiene
- **Lesson 6:** Approved Source
- **Lesson 7:** Potentially Hazardous Foods
- **Lesson 8:** Date Marking
- **Lesson 9:** Pest Control

Lesson 1: Health Certificate

- Permanent Health Certificate expires 1 year from date of application.
- You may renew your Health Certificate 30 calendar days before the expiration date.
- You can not work if your Health Certificate expires, and if you do not renew within 30 calendar days after the expiration, you must take the training course again.
- Applicant can have authorized person renew for them:
 - Signed authorization letter from the Applicant, and
 - Copy of Applicants photo ID.

Lesson 1: Health Certificate (cont.)

- All Applicants must pass a written test with a 70% grade or better.
- Results will be provided after the training course.
- If you do not pass, a fee will be charged to re-issue an Interim Health Certificate and reschedule your training course. (See Health Certificate Instruction Handout)
- If you fail the test twice, a written agreement is required between DPHSS and your employer. A Health Certificate obtained using a written agreement is only valid with that employer.

Lesson 2: Foodborne Illness

What is foodborne illness?

- When someone gets sick from eating food or drinking something; also called “foodborne disease” or “food infection” or “food poisoning.”
- Food allergy is not a foodborne illness.
- Substance that causes the allergy is generally not a contaminant.

Lesson 2: Foodborne Illness (cont.)

- Consuming contaminated food.
- Contamination can be:
 - Physical: When unwanted, nonliving foreign objects gets into food. (Ex: dirt, hair, glass, etc.)
 - Chemical: When unwanted chemicals gets into food. (Ex: cleaners, bug spray, medication, etc.)
 - Biological: When harmful living organisms (germs) get into food. (Ex: bacteria, viruses, parasites, fungi, etc.)
- Contamination of food can happen:
 - Anywhere and anytime
- Your job is to remove the contamination, or prevent the contamination

Lesson 2: Foodborne Illness (cont.)

- Examples of Physical contaminant that can cause foodborne illness:
 - Hair, bandage, or jewelry from employees
 - Glass from broken bottle or plate
 - Metal shavings from damaged equipment
 - Piece of plastic from food packaging
- Physical contaminant can cause choking, teeth damage, and injury to mouth and throat

Lesson 2: Foodborne Illness (cont.)

- How to prevent foodborne illness from Physical contaminants:
 - Always examine food when preparing, storing, serving, and refilling
 - Wear hair-restraints; remove jewelry; and use finger-cots and single-use gloves worn over the finger-cots if the wound is on the hand, finger, or wrist
 - Inspect equipment for wear-and-tear, loose parts, and ensure it is working properly
 - Closely inspect food (especially ice), and clean food-contact surfaces, if there is broken glass nearby

Lesson 2: Foodborne Illness (cont.)

- **Chemical contaminants** are poisons and toxins that can be naturally occurring or introduced
- Examples:
 - Pesticides
 - Histamines from spoiling fish
 - Toxins from ciguatera
 - Cleaning and sanitizing solutions
 - Other poisons and toxins

Lesson 2: Foodborne Illness (cont.)

- How to prevent foodborne illness from Chemical contaminant:
 - Cleaners, sanitizers, and lubricants must be properly stored
 - Keep original labels on containers with poisons and toxins
 - Containers that had poisons or toxins cannot be re-used
 - Prevent contamination of food, equipment, utensils, linens, and single-service articles by separating them from the chemicals
 - Do not place them above food, equipment, utensils, linens, and single-use articles

Lesson 2: Foodborne Illness (cont.)

- Also, Chemical contaminants, such as:
 - Poisons and toxins that are not used for facility operation or maintenance are NOT allowed in the food establishment!
 - Retail pesticides, such as Raid™ and others, are NOT allowed for use in restaurants and other food facilities; only pesticides that have been approved for food establishment may be used by a licensed professional

Lesson 2: Foodborne Illness (cont.)

- Biological contaminants are living things such as:
 - Bacteria
 - Viruses
 - Parasites
 - Fungi
- Most are very small and microscopic; also, called “GERMS”
- Germs can be found almost everywhere
- Germs cause the most foodborne illness in the U.S.

Lesson 2: Foodborne Illness (cont.)

- Preventing and controlling Biological contaminants (Germs) are food-handlers' most important job for food safety.
- Food-handler needs to prevent germs from contaminating food by following the requirements of the Guam Food Code (GFC).
- Food-handler needs to take action to kill germs, or stop them from growing, by following the requirements of the Guam Food Code.
- Most common symptoms of foodborne illness caused by germs are nausea, vomiting, abdominal cramping, diarrhea, and jaundice (yellowing of the skin and/or eyes).

Lesson 2: Foodborne Illness (cont.)

- Your job as a food-handler is to prevent the contamination of food, or remove the contamination from the food, so that foodborne illness does not occur!
- Contamination of food can happen anywhere and anytime

Lesson 2: Foodborne Illness (cont.)

Five risk factors that cause foodborne illness

- 1. Improper Holding Temperatures**

Food is not kept at the right temperature

- 2. Inadequate Cooking Temperatures**

Food is not cooked to the right temperature

- 3. Contaminated Equipment**

The equipment that touches the food is contaminated

- 4. Poor Personal Hygiene**

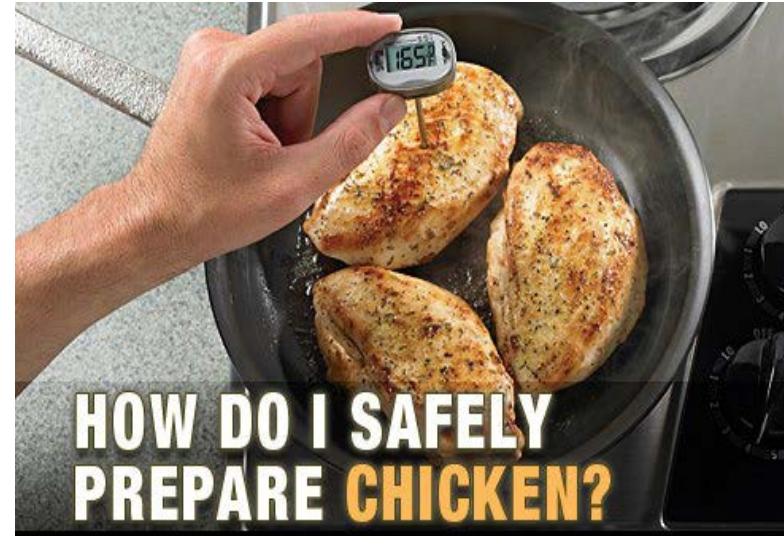
The food-handler transfers contaminants to food because he/she is sick or not clean

- 5. Food From Unsafe/Unapproved Sources**

Food is prepared, cooked, or provided from an unapproved kitchen

Lesson 3: Temperature Control

- Germs can be killed by cooking food to the correct temperature using a food thermometer
- GFC requires:
 - **Chicken, Turkey, Duck:** 165 °F
 - **Ground meat:** 155 °F
 - **Pork:** 145 °F
 - **Fish:** 145 °F
 - **Steak:** 145 °F
- Re-heating: 165 °F for all Foods
- Cooking will not destroy poisons and toxins



Can you guess the proper cooking temperature?



Chicken = 165°F



Pork Dish = 145°F



Hamburger = 155°F



Steak = 145°F



Beef Stew = 145°F



Fish = 145°F

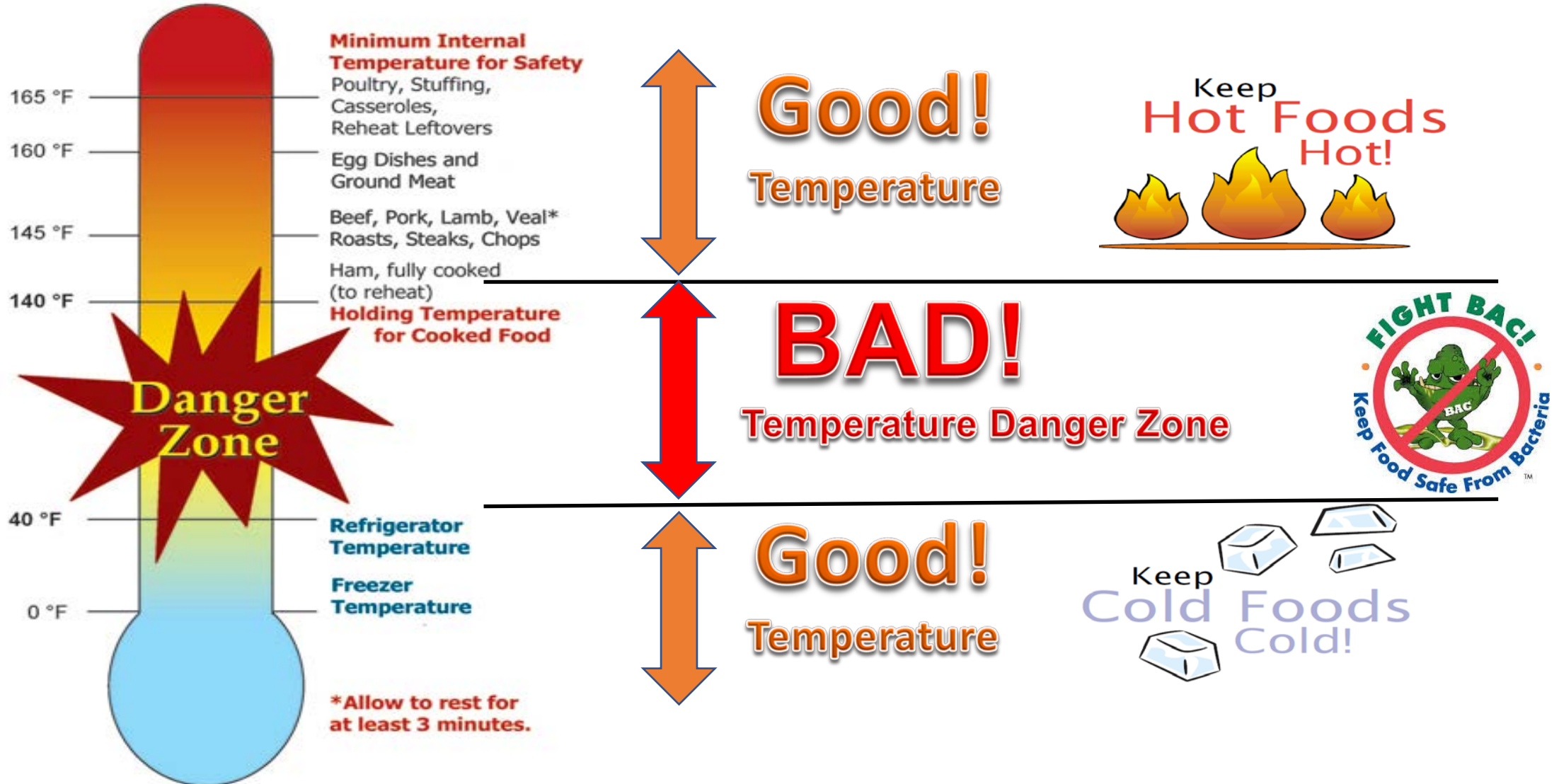
Lesson 3: Temperature Control (cont.)

- Chilling and freezing can stop or slow germs from growing (multiplying), but it won't always kill them
- Freezing will not kill all germs, but it will kill most parasites
- GFC requires cold foods to be kept at **41 °F or less**
- GFC requires hot foods to be kept at **140 °F or more**

Lesson 3: Temperature Control (cont.)

- **Temperature Danger Zone**
 - Temperature range that bacteria grows best
 - **TDZ**: between 41 °F and 140 °F
 - Room temperature (No A/C)
 - About 85 °F = **TDZ**!
 - Room temperature With A/C
 - About 75 °F = Still in **TDZ**!
 - Average human body temperature
 - 98.6 °F = **TDZ**!

Temperature Danger Zone



What is wrong with this picture?



What is wrong with this picture?



Lesson 3: Temperature Control (cont.)

- Reheating Food
 - Food that has been cooked and cooled can be reheated
 - 165 °F for 15 seconds
- Thawing Food
 - Do not thaw food at room temperature, which is the temperature danger zone, because bacteria can grow rapidly when thawing
 - Acceptable ways to thaw food
 - In the refrigerator at 41 °F or below
 - Under cool running water
 - In the microwave
 - As part of the cooking process

Lesson 4: Cross-Contamination

- Ready-To-Eat (RTE) – means foods that are ready for consumption without any further cooking.
- Cross-contamination is when contaminants from one food is transferred to another food.
 - Ex: Bacteria on raw chicken transferred to ready-to-eat food.
- Cross-contamination is when contaminants from a dirty surface is transferred to food.
 - Ex: Cutting lettuce for salad on an unwashed cutting board and knife that were used to cut raw chicken.

Examples of Cross-Contamination (cont.)



- Notice the raw and ready-to-eat foods in the picture
- The same cutting board was used to prepare both types of food

Examples of Cross-Contamination (cont.)



- Dirty cloth placed on cutting-board
- **Potential for cross-contamination**
- Store wiping cloths in sanitizing solution when not in use AND after every use

Examples of Cross-Contamination (cont'd)

Contaminants on food can drip or fall onto other foods below, so **place those with the greatest potential for contamination at the bottom**



Examples of Cross-Contamination (cont.)

What's **wrong** with this picture?



Lesson 4: **Cross-Contamination** (cont.)

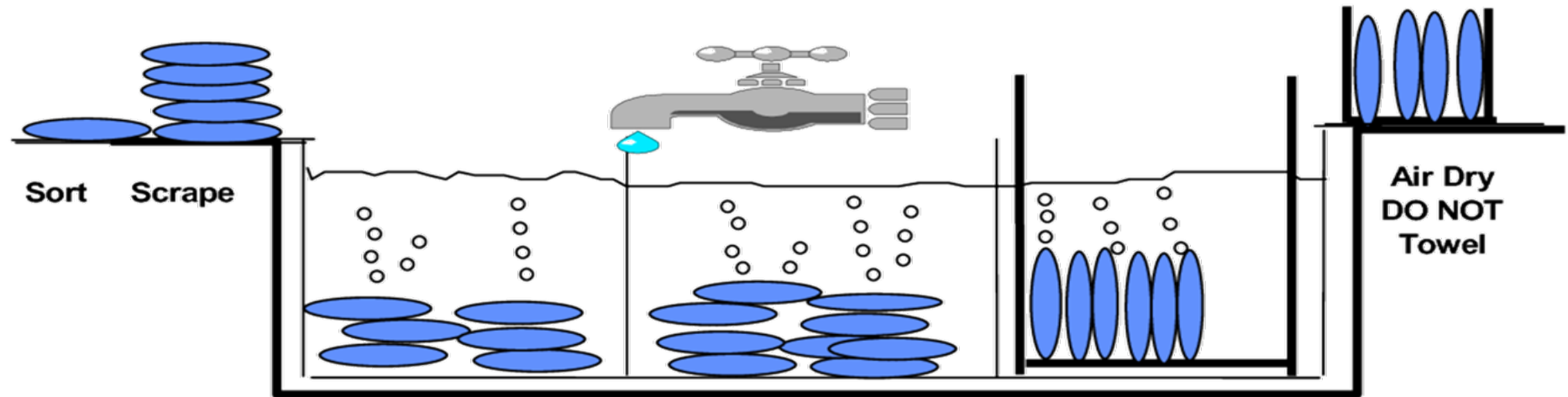
- Washing and Rinsing will remove most bacteria and viruses, but not all.
- Sanitizing will kill most bacteria and viruses still left after washing and rinsing.
- So Wash, Rinse, and Sanitize.
- Very hot water can be used as a sanitizer.

Lesson 4: Cross-Contamination (cont.)

- Properly wash contaminated utensils, plates, and other food-contact surfaces by:
 - Scrape off as food much as possible into garbage container,
 - Wash with approved detergent,
 - Rinse with clean, hot water,
 - Sanitize with approved chemical or hot water, and then
 - Air Dry
- Wash, Rinse, and Sanitize using **Three-Compartment Sink or Automatic Dishwasher**

Using a 3-Compartment Sink for Ware-washing

Manual Dishwashing Procedure



Wash

with a good
detergent in
hot water
(min. 100 °F)

Rinse

in clean
water
to remove
detergent

Sanitize

in chemical sanitizer at
75°F for at least 1 minute
(3 types):

Air Dry

STEP 1 → STEP 2 → STEP 3 → STEP 4 → STEP 5

Lesson 4: **Cross-Contamination** (cont.)

- Cleaning and sanitizing are not the same thing.
- Cleaning is done by using soap and water to remove food, grease, and dirt.
- Sanitizing is done by using chemicals or heat to kill germs.
- There are different types of sanitizers, chlorine is the most common.
- No matter how you wash items, you will need to use chemical test strips to ensure that you are using the right amount of chemical sanitizer to kill germs.

Lesson 4: Cross-Contamination (cont.)

Prevent Cross-Contamination when using a **cutting board**

- Wash, rinse, and sanitize the cutting-board and knife after cutting raw meats, fish, and poultry; or
- Use a separate knife and separate cutting-board for cutting raw products (meat, poultry, fish, pork) and cutting ready-to-eat foods (vegetables).



Lesson 4: **Cross-Contamination** (cont.)

- Food-handlers need to prevent cross-contamination so the food they serve, or sell do not have germs or other contaminants that can sicken consumers.
- GFC has requirements food-handlers must follow to prevent cross-contamination.

Lesson 5: Employee Health and Hygiene

- A healthy food-handler is one of the most important factors in preventing foodborne illness.
- When you feel sick, you should not work with food.
- The germs that are making you sick may contaminate the food you are handling, which may cause those that eat the food to get sick as well.
- Sick workers should either be sent home or given duties that do not involve handling food or food-contact surfaces.

Lesson 5: Employee Health and Hygiene (cont.)

- When not to work or handle food:
 - When you have diarrhea!
 - ❖ You may be releasing germs or parasites.
 - When you have a stomachache!
 - ❖ You may be infected with foodborne illness.
 - When you have sore throat with a fever!
 - ❖ Your cough may have germs.

Lesson 5: Employee Health and Hygiene (cont.)

- When not to work or handle food:
 - You are vomiting.
 - ❖ Your vomit may have germs.
 - Your skin or eyes are yellow.
 - ❖ You may have Hepatitis A.
 - You have infected and uncovered wounds.
 - ❖ Puss or scabs may get into the food.

Lesson 5: **Employee Health and Hygiene (cont.)**

- If you are sick, you may contaminate the food that you serve to your customers.
- You may get germs on your hands after using the restroom, vomiting, or coughing.
- Germs in your vomit or cough may become airborne and land on food or food-contact surfaces.

Lesson 5: Employee Health and Hygiene (cont.)

WHEN WORKING:

- **DO NOT** eat food!
 - But you can drink but from a closed container with a straw
- **DO NOT** chew gum, tobacco, or betel nut!
- **DO NOT** spit!
- **DO NOT** wear jewelry!

Lesson 5: Employee Health and Hygiene (cont.)

Bathe before work.



Lesson 5: Employee Health and Hygiene (cont.)

Not work when sick.



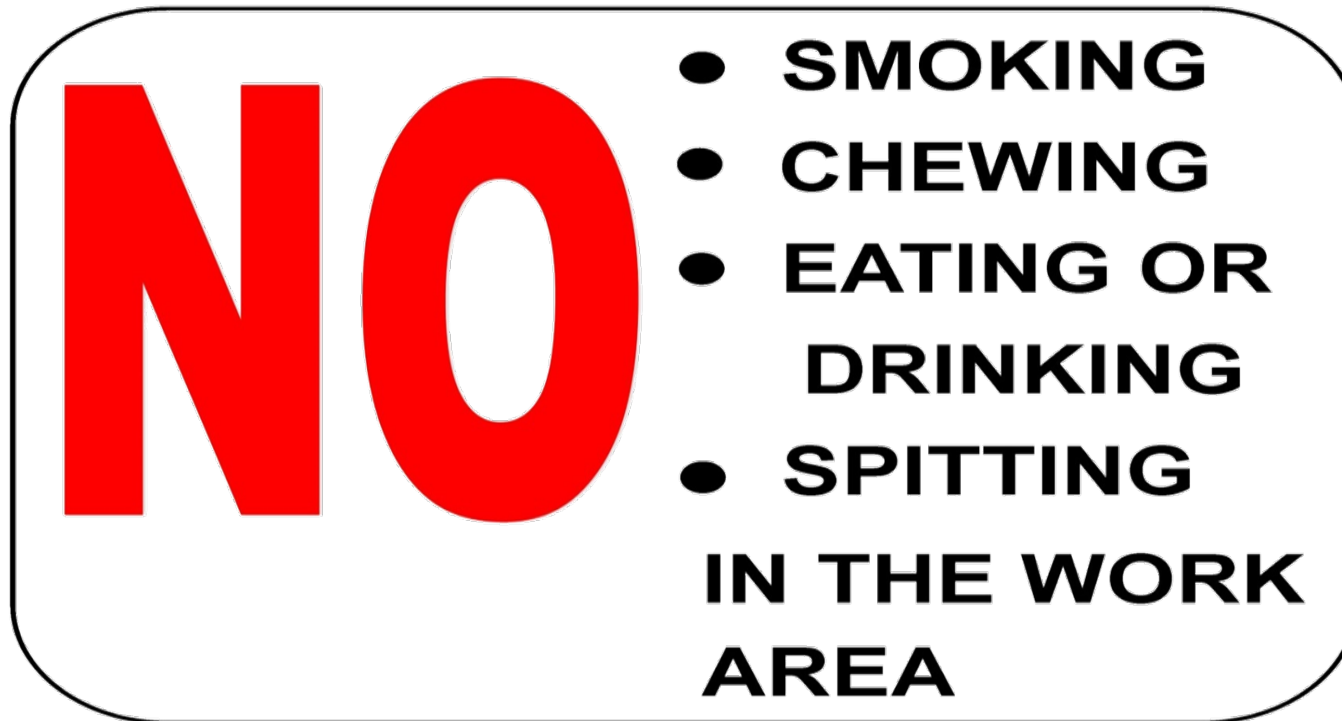
Lesson 5: Employee Health and Hygiene (cont.)

Wear gloves when touching ready-to-eat foods.



Lesson 5: Employee Health and Hygiene (cont.)

No smoking, vaping, eating, chewing, or spitting when working.



Lesson 5: Employee Health and Hygiene (cont.)

- Keep fingernails short!
- Keep your clothes clean!
- Keep your hair restrained!
- Cover open cuts and wounds!
- Always wash your hands!
 - Fastest, easiest, and cheapest way to prevent foodborne illness

Lesson 5: Employee Health and Hygiene (cont.)

- When to wash your hands at work.



Lesson 5: Employee Health and Hygiene (cont.)

- When to wash your hands?



**After using
the Toilet**

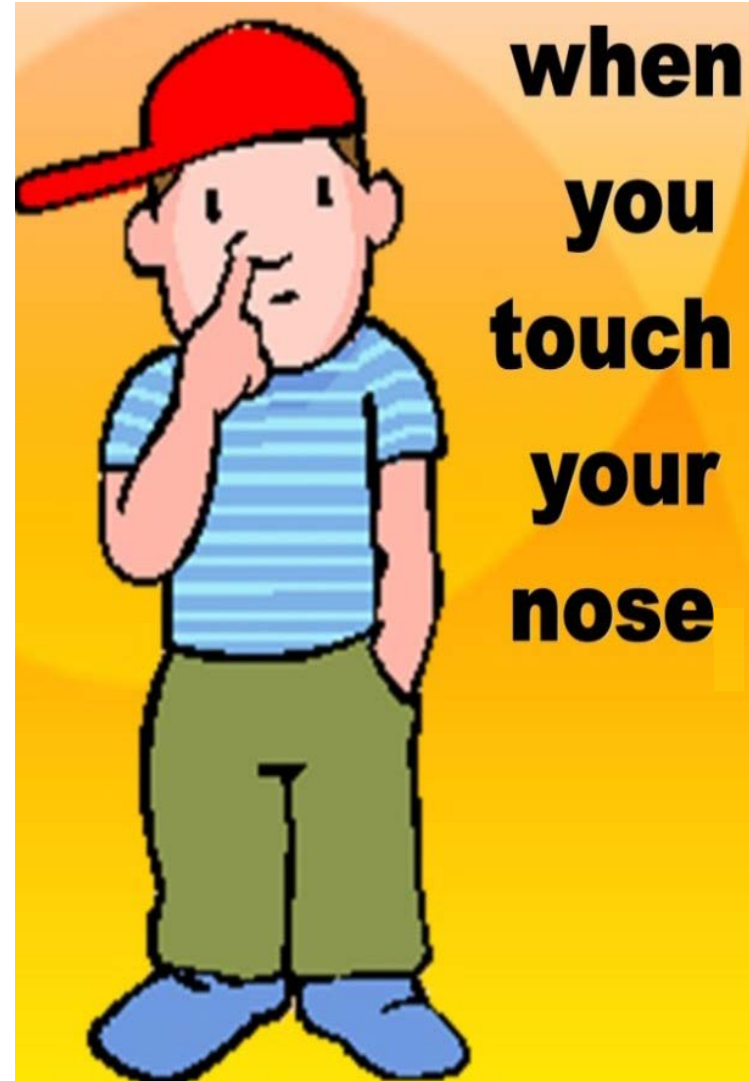
Lesson 5: Employee Health and Hygiene (cont.)

- When to wash your hands?



Lesson 5: Employee Health and Hygiene (cont.)

- When to your wash hands?



Lesson 5: Employee Health and Hygiene (cont.)

- When to wash your hands?
 - Before putting on new gloves.



Lesson 5: Employee Health and Hygiene (cont.)



Lesson 5: Employee Health and Hygiene (cont.)

- **How to wash hands?**

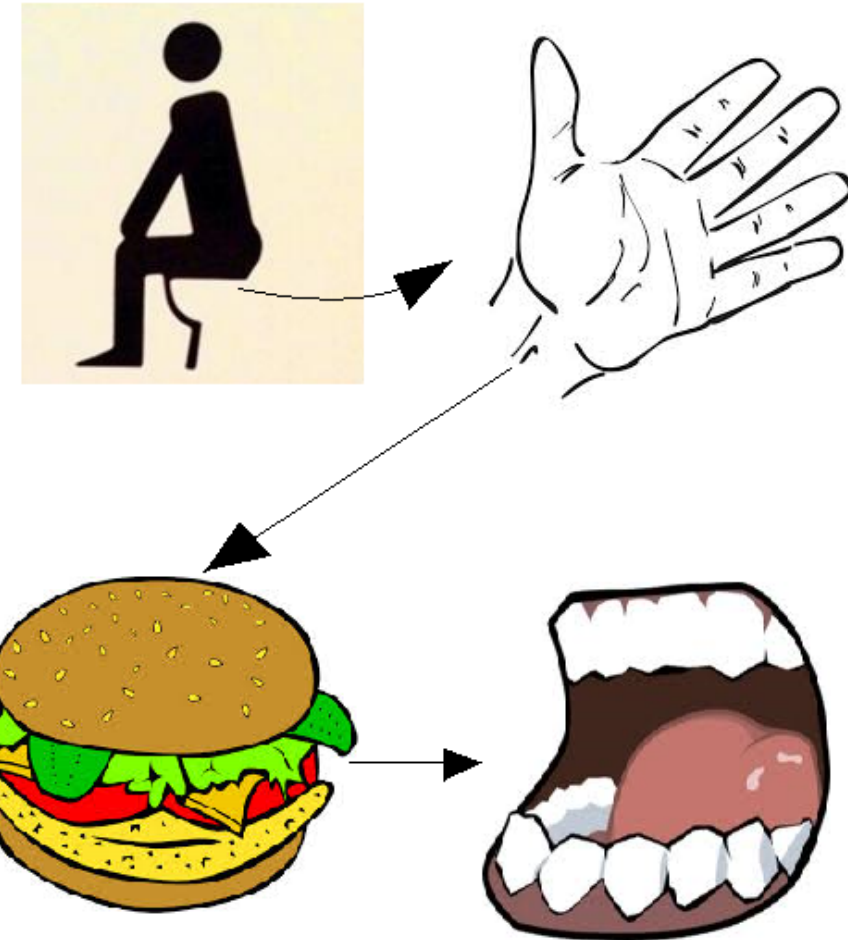
- ✓ Turn on faucet using warm water
- ✓ Wet hands and put soap
- ✓ Lather and vigorously rub hands
 - Between fingers, around fingernails, thumbs
- ✓ Rinse hands while still rubbing under running water
- ✓ Grab paper towel and dry, and use it to turn off faucet and open door
- ✓ Air dryer okay, but paper towel more hygienic



Lesson 5: Employee Health and Hygiene (cont.)

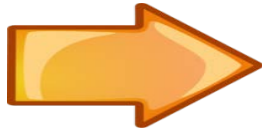
When you don't wash your hands after using the toilet:

- Germs in feces (**poop**) can get on your hands.
- If you don't properly wash your hands, the **poop** can get on the food you handle.
- Your customer then eats the food with your **poop** which contains germs!
- Customer may get sick.

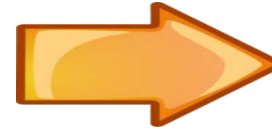




Comes in to work



Does not wash hands



Serves to Customer



Customer gets sick with the following symptoms:



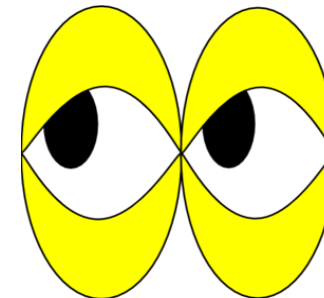
Diarrhea



Vomiting



Abdominal Cramps



Jaundice

Lesson 5: Employee Health and Hygiene (cont.)

Wearing Gloves

- When handling ready-to-eat (RTE) foods.
 - RTE foods are ready to be served and no further cooking is required
 - If the food requires further cooking it is not RTE food.
 - Examples: Salads, Desserts, Sushi
- If you do not have access to gloves, then the use of tongs, deli tissue, or other approved material
- **Do not touch RTE foods with your bare hands!**

Lesson 5: Employee Health and Hygiene (cont.)

Proper use of single-use, food-grade gloves

- Wash your hands before putting on gloves
- Change gloves whenever you change tasks
- **Change gloves after you touch raw meat, poultry, fish, and eggs**
- Change gloves every 4 hours
- Change gloves whenever it tears or has holes
- Only use clean gloves
- Do not re-use gloves
- Gloves can become contaminated, just like your hands
- Frequently change gloves when wet from sweat

Lesson 6: **Approved Source**

- What is an “Approved Source”?
 - Food establishment that has a Sanitary Permit from DPHSS
 - Distributors, importers, and wholesalers with a Sanitary Permit is an approved source
- Make sure your food ingredients and other food items that you get from other local businesses are from an “approved source”
- Food made at your private home is NOT an approved source

Lesson 7: Potentially Hazardous Food (PHF)

- **PHF** are:
 - Food requiring temperature to control germs
 - Raw animal food
 - Sprouts
 - Cut melons
- PHF have been associated with food-borne illnesses
- Guam Food Code requires proper handling, storage, cooking, and preparation of PHF

Lesson 7: Potentially Hazardous Food (PHF)

Can you find the PHF in this picture?



Lesson 7: Potentially Hazardous Food (PHF)

Can you find the PHF in this picture?

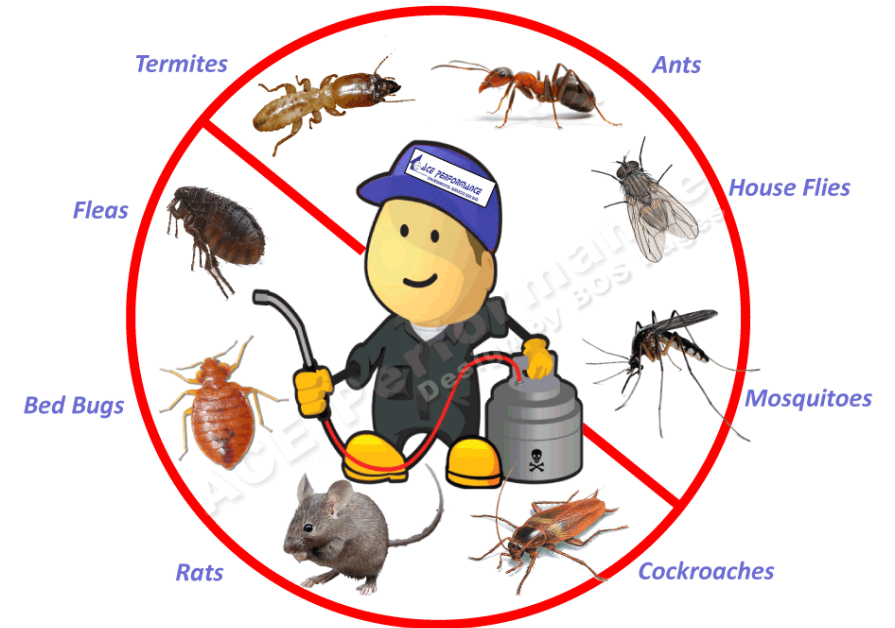


Lesson 8: **Date Marking**

- Date marking is required by the Guam Food Code to ensure RTE foods that are PHF are not kept for more than 7 days in the refrigerator
- PHF RTE food should be marked with the date it was prepared or the date it needs to be thrown away
- Date marking prevents germs from growing to levels that can cause foodborne illness
- Example: If potato salad was prepared on April 1, it must be sold or thrown out by April 7

Lesson 9: Pest Control

- What are Pests?
 - Pests are animals or insects that can contaminate food and make people sick or bite or sting workers and customers
- Examples?
 - Rodents: rats and mice
 - Insects: flies, cockroaches, beetles, ants, wasps, bees, and various insects that can be found in stored products
 - Birds: pigeons
- Guam Food Code prohibits animals in establishments, except service animals



Lesson 9: **Pest Control** (cont.)

How to prevent and control pests:

- Pest-proofing the establishment and surroundings
- Install insect screens
- Good sanitation
- Hire professional pest control service
- Inspecting food premises regularly

SUMMARY

- You must have a valid Health Certificate to work
- Most foodborne illnesses are caused by germs (biological contaminant)
- Germs grow well in potentially hazardous foods so these foods require proper handling, storage, cooking, and preparation because they can cause foodborne illness
- Using proper hot and cold temperatures for cooking and storing food is important to prevent germs from causing foodborne illness
- Food-handlers must prevent cross-contamination of food
- Food-handlers must be clean and practice clean behavior
- Only use food from “approved sources”
- Date marking is required for PHF & RTE foods; must be sold or discarded within 7 days
- Pest control is important to prevent animals and insects from contaminating foods

Thank You!

DIVISION OF ENVIRONMENTAL HEALTH

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