

Safety Talk

Cross-Contamination

Prevention: Disinfection Basics 101



The following are some basic tips that help prevent the spread of contaminants:

- People who use equipment, which can be handled by multiple people should wash their hands every time before use
- Gloves **must** be removed and your hands must be washed after providing services
- Wipe down handles and door knobs frequently with household cleaners
- When opening doors, use a cloth or your clothes to avoid touching the handle directly
- Eat away from machinery, chemicals, toxins, etc.
- Cough or sneeze into your elbow, not your hand
- **Wash your hands frequently**



Cross-contamination occurs when bacteria is transferred from raw foods to ready-to-eat products or cooked products. It can occur with:

- Food items (raw chicken, macaroni salad, nuts beside a cake)
- Food handler (dirty hands, coughing, sneezing, hair)
- Improperly cleaned utensils or work surface.

Stocking

- Stock Rotation It's important to make sure you keep your stored food products, or stock, in a way that will keep them safe and fresh.
- All foods stored in the freezer, refrigeration unit or dry storage should be arranged using the first in, first out (FIFO) rule. Sort foods by their expiration or 'best before' dates. Products without these dates should be dated when they're received.
- Follow the recommended storage times for refrigerated, frozen and dry good foods.

Every year, a total of about 4 million (1 in 8) Canadians are affected by a foodborne illness (Public Health Agency of Canada, 2016).

