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## Section 1.1 Safety Basics

### Main Idea

- Burns and injuries can easily occur.
- Establish fire safety procedures.
- Know first aid measures for injuries.

# Chapter 1 Safety and Sanitation Principles



## Vocabulary

### Content Vocabulary

- ▶ occupational back support
- ▶ flammable
- ▶ lockout/tagout
- ▶ emergency
- ▶ first aid
- ▶ shock
- ▶ abrasion
- ▶ laceration
- ▶ avulsion
- ▶ puncture wound
- ▶ Heimlich maneuver
- ▶ cardio-pulmonary resuscitation (CPR)
- ▶ general safety audit

### Academic Vocabulary

- ▶ routine
- ▶ document

## Safe Working Conditions

- Each worker must personally practice kitchen safety.
- Wear personal protective clothing:
  - aprons
  - gloves
  - shoes
  - back braces



### Safe Working Conditions

- Foodservice workers are responsible to help prevent:
  - slips and falls.
  - cuts.
  - burns and scalds.
  - other personal injuries, such as those from heavy lifting.

## Safe Working Conditions

- Follow safety guidelines including those for sharp tools.
- Clean and maintain all equipment, following safety rules.



*How do you think cleaning home equipment might be different from cleaning professional equipment?*

# Chapter 1 Safety and Sanitation Principles

## Fire Safety

- Prevent and control fires through good work habits. Be prepared for **emergencies**.
- Fire protection equipment includes fire extinguishers and hood and sprinkler systems.



### Vocabulary

#### **emergency**

A potentially life-threatening situation that usually occurs suddenly and unexpectedly.



## Emergency Procedures

- Every foodservice worker must know basic **first aid** and life-saving techniques.



### Vocabulary

#### **first aid**

Assisting an injured person until professional medical help can be provided.



# Chapter 1 Safety and Sanitation Principles

## Emergency Procedures



### Check Your Knowledge

*Explain each of the following first aid procedures.*

Procedure	Explanation
<i>Treat First-Degree Burns</i>	<i>Cool skin with water, not ice; never apply ointments; bandage the burn</i>
<i>Treat Minor Wounds</i>	<i>Clean with soap and water; place sterile gauze on cut; apply direct pressure</i>

## Emergency Procedures

- Learn the **Heimlich maneuver** to help someone who is choking.



### Vocabulary

#### **Heimlich maneuver**

A series of thrusts to the abdomen that can help dislodge something that is stuck in a person's airway.



## Emergency Procedures

- **Cardiopulmonary resuscitation (CPR)** should be performed quickly on those who are unconscious because of choking, cardiac arrest, stroke, or heart attack.



### Vocabulary

**cardiopulmonary resuscitation (CPR)**

Emergency care that is performed on people who are unresponsive.

### Section 1.2 Sanitation Challenges

#### Main Idea

- Food becomes contaminated by exposure to harmful microorganisms or chemical substances.
- Insects and rodents can physically contaminate food.

# Chapter 1 Safety and Sanitation Principles



## Vocabulary

### Content Vocabulary

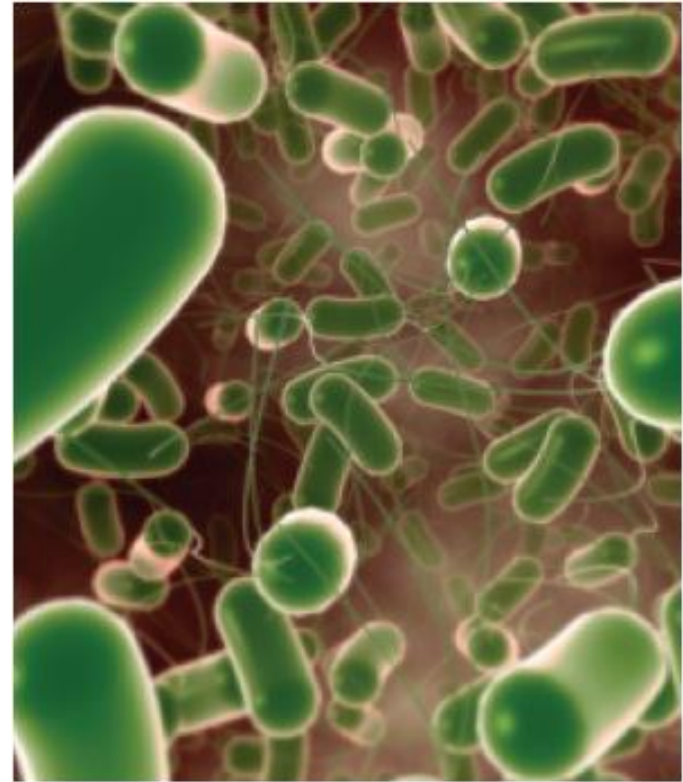
- ▶ sanitary
- ▶ contaminated
- ▶ direct contamination
- ▶ cross-contamination
- ▶ sanitation
- ▶ hazard
- ▶ toxin
- ▶ pathogen
- ▶ bacteria
- ▶ virus
- ▶ parasite
- ▶ fungus
- ▶ mold
- ▶ cleaning
- ▶ sanitizing

### Academic Vocabulary

- ▶ result
- ▶ transmit

## Contamination Basics

- Foodborne illnesses can sicken and even kill people.
- Foodservice workers must know how to keep a clean, safe food preparation environment.



## Contamination Basics

- Two types of contamination:
  - **direct contamination**
  - **cross-contamination**



### Vocabulary

#### **direct contamination**

Raw foods, or the plants or animals from which they come, are exposed to toxins.



### Vocabulary

#### **cross-contamination**

The movement of harmful microorganisms from one place to another.

## Contamination Basics

- Know the different types of food **hazards**: biological, chemical, and physical.
- Foodborne illness can be caused by:
  - improper cooking of food
  - cross-contamination
  - poor hygiene
  - foodhandler illness



### Vocabulary

#### **hazard**

A source of danger.



## Contamination Basics

- Biological hazards in the kitchen include:
  - **Bacteria**



### Vocabulary

#### **bacteria**

Tiny, single-celled microorganisms.

## Contamination Basics

- Biological hazards in the kitchen include:
  - **viruses**



### Vocabulary

#### **viruses**

Simple organisms that are responsible for many food-related illnesses.

## Contamination Basics

- Biological hazards in the kitchen include:
  - **parasites**



### Vocabulary

#### **parasite**

An organism that must live in or on a host to survive.

## Contamination Basics

- Biological hazards in the kitchen include:
  - **Fungi, mold**, and yeast



### Vocabulary

#### **fungi**

Spore-producing organisms found in soil, plants, animals, water, and in the air.



### Vocabulary

#### **mold**

A form of fungus.

## Contamination Basics

- In the event of an outbreak of foodborne illness:
  - tell a manager
  - avoid panic
  - save any suspected food



Check Your Knowledge

*How do you think you might help others avoid panic?*

## Chemical Hazards

- **Cleaning** products used in the foodservice industry:
  - detergents
  - hygiene detergents
  - degreasers
  - abrasive and acid cleaners



### Vocabulary

#### **cleaning**

Removing food and other soil from a surface.

## Physical Hazards

- Physical hazards:
  - glass, metal, hair, wood, other foreign matter
- To keep pests out of storage areas:
  - keep areas clean
  - dispose of garbage quickly
  - keep food off of the floor and away from any walls



## Chapter Summary

### Section 1.1

#### Safety Basics

- Safety rules and equipment help keep workers safe.
- Use caution and keep the workplace free of built-up grease to avoid fire danger.
- Know first aid to treat emergencies.



## Chapter Summary

### Section 1.2

#### Sanitation Challenges

- Harmful microorganisms can contaminate food.
- Kitchen hazards include: biological, chemical, and physical.
- During a foodborne illness outbreak, follow company procedures and report it.
- Use cleaning products carefully.

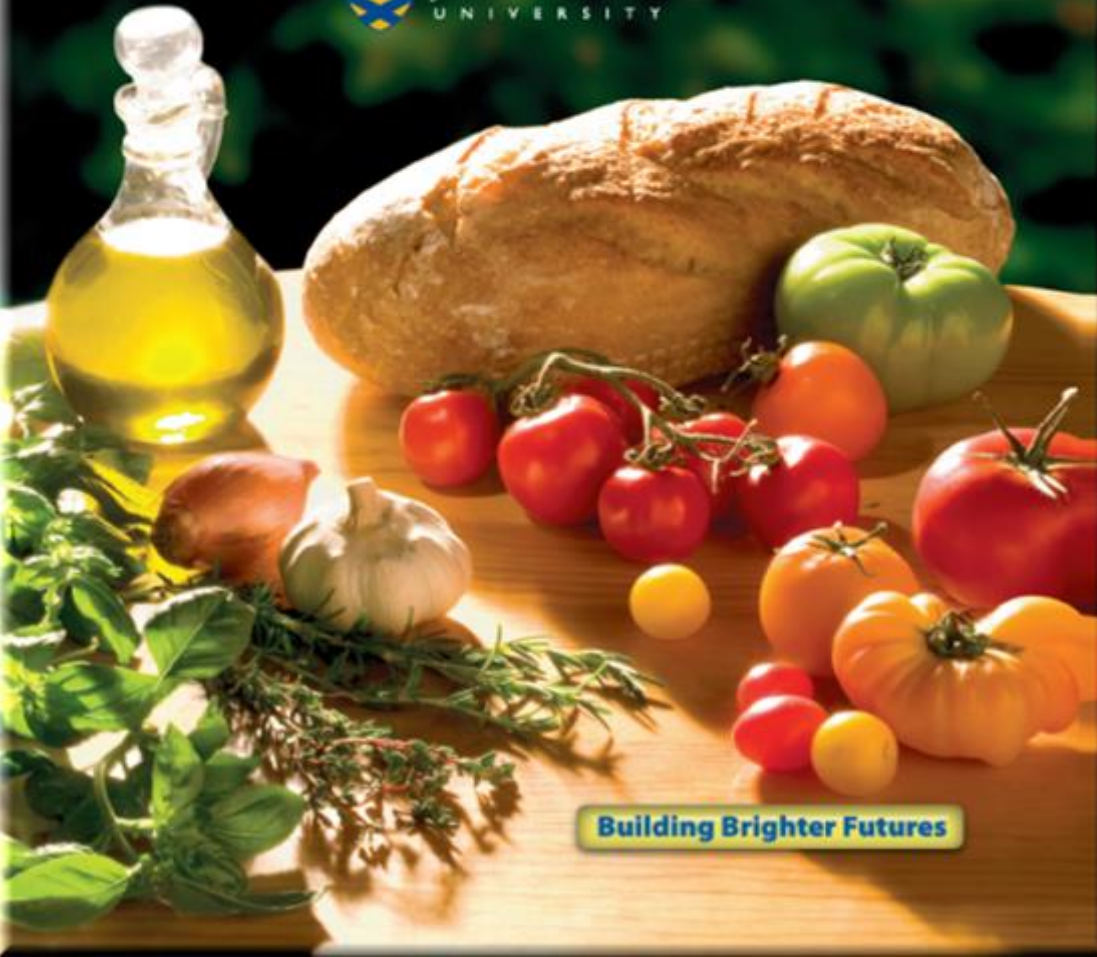
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## Chapter 1

# Safety and Sanitation Principles

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