

FOOD SAFETY LEVEL 1



Introduction

This module will focus on the importance of food safety, your obligation to maintain a high standard of personal hygiene and wear appropriate protective equipment. You will look at the importance of effective and regular waste disposal and what contamination and cross-contamination is as well as how to prevent contamination. You will also focus on the basic rules of safe food storage and how you can avoid and prevent pest infestations.

Course Overview

At the end of the course, trainees will be able to:

- Use the right protective clothing effectively,
- Correctly wash your hands to prevent the spread of bacteria,
- Understand the importance of effective and regular waste disposal,
- Identify what contamination and cross-contamination is,
- Recognise the basic rules for safe food storage,
- Identify how you can avoid and prevent pest infestations.

Course chapters

1. Introduction to Food Safety

This section will cover what the definition of food safety is and the importance of understanding the 'farm to fork' life cycle.

2. Personal Overview

This section will cover why personal hygiene is important, how to wash your hands and when you should wash them, as well as the importance of reporting illnesses and sickness to your manager.

3. Work Area and Contamination

This section will cover the clean as you go mentality, key factors of wastes disposal and what food contamination is.

4. Food Hazards and Pest Control

This section will cover the hazards that are caused by pests and the importance of good housekeeping.

Who will it benefit?

This course is designed for those who work around food and would like to learn about what can go wrong when working around food to protect the public from these food hazards and risks.

