

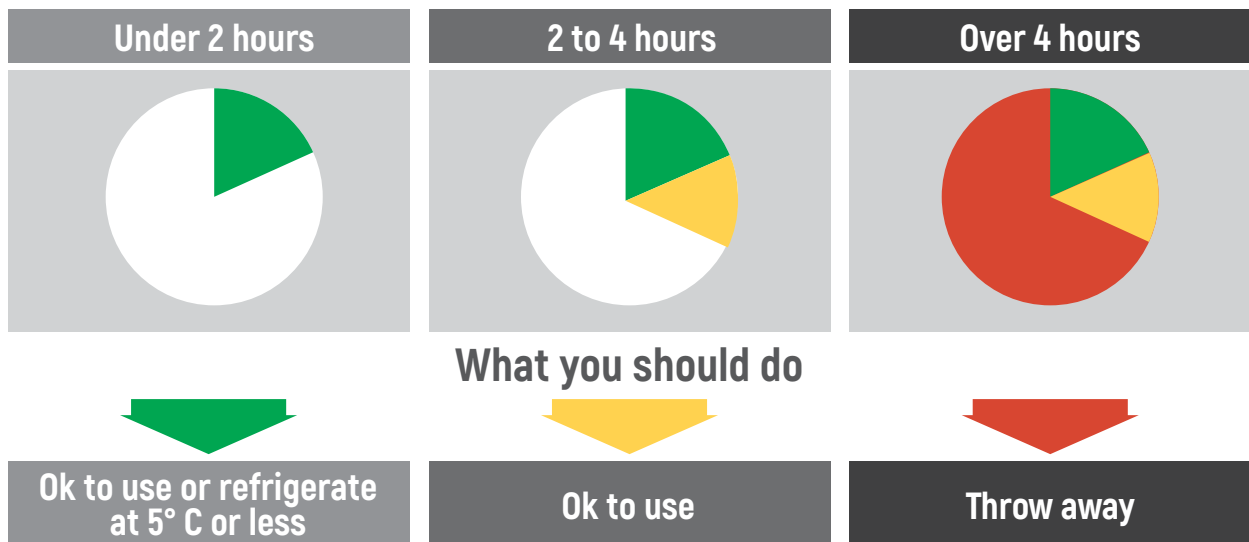
HAND WASHING ONLY

2 HOUR/4 HOUR RULE



The 2 Hour / 4 Hour Rule explains how to handle potentially hazardous foods* stored at temperatures between 5°C and 60°C which is also known as the danger zone. It takes time for food poisoning bacteria to grow to unsafe levels. Apply the following time limits to ensure these risky type foods remain safe to eat.

Total time between 5° C and 60° C



The total time includes all the time the food has been at room temperature, for example during delivery, preparation and transportation.

Example

A sandwich is freshly prepared at 12 noon and placed in a non-refrigerated display case: (1) You can keep the sandwich out of refrigeration for up to 2 hours (until 2 pm) and then refrigerate and bring out again later in the day, say 4 pm. If it's not used by 6 pm (4 hours out of temperature control in total) then throw it away. (2) You can keep the sandwich out of temperature control (refrigeration) for up to 4 hours straight- until 4 pm.

*Potentially hazardous foods include cooked meats, food that contains meat, dairy products, prepared fruits and vegetables, cooked rice and pasta and cooked or processed food containing eggs.

TELL US IF YOU ARE ILL



Many food poisoning incidents are caused by food handlers who have continued to handle food after falling ill themselves.

If you know you are suffering from, are a carrier, or have symptoms of a food-borne illness especially vomiting or diarrhea you must:

- > Report this to your supervisor;**
- > Do not engage in food handling;**
- > If performing alternative duties, take all practicable measures to prevent food from being contaminated.**



BEWARE THE 'DANGER ZONE'



Keep cold food 5°C or lower Keep hot food 60°C or higher

- > Food poisoning bacteria grows faster at temperatures between 5°C and 60°C
- This is known as the Temperature Danger Zone
- > Keeping food out of the Temperature Danger Zone slows down and minimises bacteria growth



WASH YOUR HANDS



- > With soap and warm running water

- > Dry on a single use towel
 - Before preparing food
 - After handling raw meat or poultry
 - After using the toilet



DON'T CROSS-CONTAMINATE

Make sure that food-borne disease bacteria do not have a chance to transfer from raw foods onto cooked food, or from your body onto ready to eat foods by:

- > Ensuring raw meats, especially raw poultry, don't come into contact with cooked or ready to eat foods.
- > Thoroughly washing and sanitising (between use), or using separate chopping boards for cooked and raw foods.
- > Using utensils like tongs and spoons to avoid hand contact with ready to eat food where practical.
- > Securely storing raw poultry and meat (in the fridge) so that it can't drip or make contact with fresh food.

