



2 Sick Workers Have No Place In Foodservice

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.⁹ Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

3 Cool It!

Chill food p

Chill food promptly and properly. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.³



4 Take Your Food's Temperature

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.⁴ Use a food thermometer to determine a food's true internal temperature.

5. Put A Label On It!

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.⁵

6 Don't Get Your Signals Crossed On Cross-Contamination



Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.⁶



7 Be A Clean Freak

Cleaning removes dirt and debris.
Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours if in continual use.⁷

8 Love Your Gloves

8 Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.⁸ Wearing gloves can reduce the spread of foodborne illness.



9 Give Fruits & Vegetables A Bath

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.⁹

10 Train Staff

10 A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.¹⁰



² https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-worker-handwashing-restaurant-factors.htm

² https://www.cdc.gov/ncehs/ehsnat/bain_languages/food-workers-working-when-sick.htm

³ <http://www.foodsafety.gov/facq/basics/ch1/index.html>

⁴ <https://www.fda.usda.gov/food/safety-ed/cathol/best-answers/>

[food-safety-fact-sheets/safe-food-handling/danger-zone-40-6-140-°FCT_index](#)

^a <https://www.cfs.com/en-us/ideas/food-safety-labeling-design>

[#] <https://www.fordsafety.com/lipo-batteries/separate/index.html>

⁷ https://www.servsafe.com/ServSafe/media/ServSafe/Documents/NFSEM_wk3_Activ-Clean-Sanitize.pdf

* <https://diningalliance.org/2018/05/08/wearing-gloves-important-food-safety/>

* <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

^{b2} <https://www.consultationdocuments.com/10-food-safety-the-commercial-ethics/>