

Level 2 Food Safety Handbook

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Date of update:
December 2018

The following updates have been made to the 35th edition of this handbook.

Page No	Reviewers comments																
3	<p>1st paragraph text currently reads:</p> <p>Those most at risk include the very young, the elderly, persons who are already ill or recovering, and pregnant women and their unborn babies.</p> <p>The text has been updated to:</p> <p>Those most at risk include the very young, the elderly, persons who are already ill or recovering, and expectant mothers and their unborn babies.</p>																
13 & 14	<p>Table currently reads:</p> <div data-bbox="277 999 1126 1617" style="background-color: #f9f9f9; padding: 10px; border: 1px solid #ccc;"> <p>IMPORTANT FOOD POISONING ORGANISM</p> <table border="1"> <thead> <tr> <th>BACTERIA</th> <th>SOURCES</th> <th>ONSET PERIOD</th> <th>Typical Symptoms & Duration of Illness</th> </tr> </thead> <tbody> <tr> <td><i>Salmonella</i></td> <td>Raw meat, raw milk, raw eggs, raw poultry, fruit and salads, carriers (intestines), pets, rodents, terrapins, flies, sewage/water.</td> <td>Usually 12 to 36 hours</td> <td>Abdominal pain, diarrhoea, vomiting and fever (1 to 7 days).</td> </tr> <tr> <td><i>Clostridium perfringens</i></td> <td>Animal and human excreta, soil (on vegetables), dust and raw meat.</td> <td>Usually 8 to 12 hours</td> <td>Abdominal pain, diarrhoea, vomiting is rare (12 to 48 hours).</td> </tr> <tr> <td><i>Staphylococcus aureus</i></td> <td>Human nose, mouth, skin, boils and cuts. Raw milk from cows or goats.</td> <td>1 to 7 hours</td> <td>Abdominal pain, mainly vomiting, some diarrhoea, low temperatures (6 to 24 hours).</td> </tr> </tbody> </table> </div>	BACTERIA	SOURCES	ONSET PERIOD	Typical Symptoms & Duration of Illness	<i>Salmonella</i>	Raw meat, raw milk, raw eggs, raw poultry, fruit and salads, carriers (intestines), pets, rodents, terrapins, flies, sewage/water.	Usually 12 to 36 hours	Abdominal pain, diarrhoea, vomiting and fever (1 to 7 days).	<i>Clostridium perfringens</i>	Animal and human excreta, soil (on vegetables), dust and raw meat.	Usually 8 to 12 hours	Abdominal pain, diarrhoea, vomiting is rare (12 to 48 hours).	<i>Staphylococcus aureus</i>	Human nose, mouth, skin, boils and cuts. Raw milk from cows or goats.	1 to 7 hours	Abdominal pain, mainly vomiting, some diarrhoea, low temperatures (6 to 24 hours).
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IMPORTANT FOOD POISONING ORGANISMS *continued*

BACTERIA	SOURCES	ONSET PERIOD	Typical Symptoms & Duration of Illness
<i>Clostridium botulinum</i>	Soil, fish, meat and vegetables.	Usually 12 to 36 hours	Difficulties in swallowing, talking and breathing, double vision and paralysis of the cranial nerves. Fatalities are common and the recovery of survivors may take several months.
<i>Bacillus cereus</i> (i) Toxin in food	Cereals, especially rice, dust and soil.	1 to 6 hours	Vomiting, abdominal pain and some diarrhoea (12 to 24 hours).
(ii) Toxin in intestine	As above.	6 to 24 hours	Abdominal pain, diarrhoea and some vomiting (1 to 2 days).
* <i>Campylobacter</i> (most common cause of diarrhoea from bacteria)	Raw poultry/meat/milk, farm animals, pets, birds, sewage and untreated water.	2 to 5 days	Diarrhoea (often bloody), abdominal pain, nausea and fever.
* <i>E. coli</i> O157 (often fatal for the elderly and young children)	Intestines of people and animals, sewage and untreated water.	Usually 3 to 4 days	Nausea, diarrhoea, often bloody and abdominal cramps. Kidney failure, especially children.
* <i>Listeria</i> (multiplies in refrigerated foods, even below 3°C)	Soil, sewage, water, vegetation, people, animals and birds.	1 to 70 days	Flu-like symptoms. Vomiting, diarrhoea and fever. Miscarriage in pregnant women.
* <i>Norovirus</i> (only multiplies in the body)	Ill people, the environment and sewage. (Airborne and person-to-person)	Usually 24 to 48 hours	Vomiting (projectile), diarrhoea, abdominal pain and fever.
* <i>Typhoid</i>	Carriers, sewage/manure and water.	Usually 8 to 14 days	Fever, nausea, headache, rose spots on trunk, slow pulse, anorexia, constipation and sometimes diarrhoea (severe).

*These organisms are also known as foodborne diseases.

Table has been updated to:



IMPORTANT FOOD POISONING ORGANISMS

ORGANISM	SOURCES	ONSET PERIOD	Typical Symptoms & Duration of Illness
<i>Salmonella</i>	Raw meat, raw milk, raw eggs, raw poultry, fruit and salads, carriers (intestines), pets, rodents, terrapins, flies, sewage/water.	Usually 12 to 36 hours	Abdominal pain, diarrhoea, vomiting and fever (1 to 7 days).
<i>Clostridium perfringens</i>	Animal and human excreta, soil (on vegetables), dust and raw meat.	Usually 8 to 12 hours	Abdominal pain, diarrhoea, vomiting is rare (12 to 48 hours).
<i>Staphylococcus aureus</i>	Human nose, mouth, skin, boils and cuts. Raw milk from cows or goats.	2 to 4 hours	Abdominal pain, mainly vomiting, some diarrhoea, low body temperatures (6 to 24 hours).



IMPORTANT FOOD POISONING ORGANISMS *continued*

ORGANISM	SOURCES	ONSET PERIOD	Typical Symptoms & Duration of Illness
<i>Clostridium botulinum</i>	Soil, fish, meat and vegetables.	Usually 12 to 36 hours	Difficulties in swallowing, talking and breathing, double vision and paralysis of the cranial nerves. Fatalities are common and the recovery of survivors may take several months.
<i>Bacillus cereus</i> <i>(I) Toxin in food</i>	Cereals, especially rice, dust and soil.	1 to 6 hours	Vomiting, abdominal pain and some diarrhoea (12 to 24 hours).
<i>(II) Toxin in intestine</i>	As above.	6 to 24 hours	Abdominal pain, diarrhoea and some vomiting (1 to 2 days).
*<i>Campylobacter</i> <i>(most common cause of diarrhoea from bacteria)</i>	Raw poultry/meat/milk, farm animals, pets, birds, sewage and untreated water.	1 to 3 days	Diarrhoea (often bloody), abdominal pain, nausea and fever.
*<i>E. coli</i> O157 <i>(often fatal for the elderly and young children)</i>	Intestines of people and animals, sewage and untreated water.	Usually 3 to 4 days	Nausea, diarrhoea, often bloody and abdominal cramps. Kidney failure, especially children.
*<i>Listeria</i> <i>(multiplies in refrigerated foods, even below 3°C)</i>	Soil, sewage, water, vegetation, people, animals and birds.	1 to 90 days	Flu-like symptoms. Vomiting, diarrhoea and fever. Miscarriage in expectant mothers.
*<i>Norovirus</i> <i>(only multiplies in the body)</i>	Ill people, the environment and sewage. (Airborne and person-to-person)	Usually 24 to 48 hours	Vomiting (projectile), diarrhoea, abdominal pain and fever.
*<i>Typhoid</i>	Carriers, sewage/manure and water.	Usually 8 to 14 days	Fever, nausea, headache, rose spots on trunk, slow pulse, anorexia, constipation and sometimes diarrhoea (severe).



*These organisms only need low numbers to cause illness.

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The 2nd bullet point has been changed in Prevent contamination by:
From: Effective instruction, supervision and training of food handlers.
To: Effective instruction, supervision and training of food handlers and managers.

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All text that refers to 'foodborne illness' has been changed to 'food poisoning'

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2nd bullet point under the 'Reject' heading currently states:
Perishable food above 8°C
Text has been updated to:
High-risk food, raw meat and fish above 8°C

45	<p>1st paragraph current text reads: Records of deliveries should be retained to enable traceability in the event of food poisoning or a food complaint.</p> <p>Text has been updated to: Records of deliveries should be retained to enable traceability in the event of food poisoning, recall or a food complaint.</p>
46	<p>1st text box currently reads: Store allergens carefully, use dedicated containers specifically for allergens, keep powder on lower shelves, ensure labels are legible and inform managers if you think an allergen may have accidentally spilt onto other foods.</p> <p>Text has been updated to: Store allergenic foods carefully, use dedicated and clearly labelled containers specifically for these foods. Keep powder on lower shelves, ensure labels are legible and inform managers if you think an allergenic food may have accidentally spilt onto other foods.</p>
47	<p>1st paragraph currently reads: Contamination and covering of food Raw food must always be kept apart from high-risk food to prevent contamination of high-risk food with food poisoning bacteria. Separate refrigerators are preferred, however if stored in the same unit, the raw food must always be placed at the bottom to avoid contaminating the high-risk food. Food should be covered to prevent drying out, cross-contamination and absorption of odour. Care should be taken to protect foods such as lettuce, tomatoes and cucumbers from blood dropping onto them.</p> <p>Text has been updated to: Contamination and covering of food Raw food must always be kept apart from high-risk food to prevent contamination of high-risk food with food poisoning bacteria. Separate refrigerators are preferred, however if there is no option but to store them in the same unit, the raw food must always be placed at the bottom to avoid contamination. In a walk in chiller, separate areas should be identified. Food should be covered to prevent drying out, cross contamination and absorption of odour. Salad vegetables, fruit and herbs should be stored above raw meat and fish. Foods containing allergens must be clearly labelled and stored separately to other foods.</p> <p>-----</p> <p>3rd paragraph 'Open cans of food' text currently reads: The unused contents should be emptied into a suitable container (such as a lidded plastic bowl) covered and placed in the refrigerator.</p> <p>Text has been updated to: The unused contents should be emptied into a suitable covered container (such as a lidded plastic bowl) and placed in the refrigerator.</p> <p>-----</p> <p>Last paragraph currently reads: Staff training All food handlers must receive instruction on the correct use of the refrigerator especially in relation to contamination and temperature control. They should be told not to keep the door open for longer than necessary.</p>

	<p>Text has been updated to: Staff training You should receive instruction on the correct use of the refrigerator especially in relation to contamination and temperature control. Do not keep the door open for longer than is necessary.</p>
51	<p>3rd paragraph 'Monitoring' last sentence currently reads: Juices running clear and the absence of blood are also used to confirm that chicken has been cooked.</p> <p>Text has been updated to: Juices running clear and the absence of blood used to confirm that chicken has been cooked are not as reliable as checking the temperature.</p>
55	<p>Text in 'Enforcement/penalties currently reads: Offences are punishable, on conviction, by a fine of up to £5,000 for each offence. In serious cases a sentence of up to two years' imprisonment and unlimited fines may be imposed.</p> <p>Text has been updated to: Offences are punishable, on conviction, by fines and/or imprisonment. In serious cases a sentence of up to two years' imprisonment and unlimited fines may be imposed.</p>
57	<p>Glossary Critical limit current wording states: Critical limit - A monitored criterion which separates the acceptable from the unacceptable.</p> <p>Text has been updated to: Critical (Safe) Limit - A proven limit that ensures food can be eaten safely (separates the acceptable{safe} from the unacceptable {unsafe}).</p>
59	<p>Current text for 'Risk zone of bacterial growth' reads: Risk zone of bacterial growth - The temperature range within which the multiplication of most food poisoning bacteria is possible. Most rapid multiplication occurs between 20°C and 50°C.</p> <p>Text has been updated to: Risk (danger) zone of bacterial growth - The temperature range within which there is a risk of food poisoning bacteria multiplying in food and a risk of prosecution. Most rapid multiplication occurs between 20°C and 50°C.</p>

End of update

Highfield Products Limited

Highfield Place, Shaw Wood Business Park,
Shaw Wood Way, Wheatley Hills,
Doncaster, DN2 5TB UK

Tel: +44 0845 2260350 +44 01302 363277

Fax: +44 0845 2260360 info@highfield.co.uk

