

AUXCA

Sanitation Workshop



USCG Auxiliary Culinary Assistance Program
Revised March 2022

Certificate of Training

- Upon completion of this workshop, you will be directed to the Auxiliary National Testing Website (NTC) to take the AUXCA Sanitation Test. With a passing grade you will be sent a completion certificate and your DSO-CA will automatically be notified that you have successfully completed this annual training.
- It is important that you keep a copy of your completion certificate.

Purpose of the Training

- The Coast Guard Food Services Program and the AUXCA Program requires annual sanitation training.
 - To provide information and guidance on sanitation, food safety, and workplace safety.
 - To inform AUXCAs of Coast Guard policies on food service sanitation and safety.
 - To emphasize the principles of food safety.
 - Maintain good personal hygiene.
 - Avoid cross-contamination.
 - Cook and hold food at proper temperatures.

References

AUXCA Training and Qualifications Guide,

APRIL2014 (Updated JUNE 2021) and companion Power
Point

**FOOD SAFETY AND SANITATION PROGRAM-
TACTICS,TECHNIQUES AND PROCEDURES (TTP)**

CGTTP 4-11.12 DEC2016



TRI-SERVICE FOOD CODE, NAVMED P-5010-1 (series)

**FOOD SERVICE PRACTICAL HANDBOOK, COMDTPUB
P4061.4**

Professional Cooking, Eighth Edition by Wayne Gisslen

UNIT SANITATION & SAFETY RESPONSIBILITIES

- Unit Command
- Food Service Officer (FSO)
- All Food Services Personnel
- Medical Personnel



UNIT COMMAND

Commanding Officer/Officer-in-Charge (CO/OIC)

- Safeguard the health of personnel by careful inspection of the sanitation of the unit and by preventing unnecessary exposure to disease or unsanitary conditions.
- Assign sanitary inspection duties to the medical department representative or designee if available.

PERSON-IN-CHARGE (PIC)

FOOD SERVICE OFFICER (FSO) or

OTHER DESIGNATED INDIVIDUAL

- Oversee procurement, receipt, inspection, and storage of wholesome food items within his/her respective food service activity
- Oversee food service operation, with responsibility for the prevention of food-borne illnesses which may result from improper cleanliness and sanitary maintenance of food, machinery, and personnel



ALL FOOD SERVICE PERSONNEL including AUXCAs and civilian workers

- Store, prepare and serve food according to sanitation and safety policies.
- Maintain safe and sanitary conditions in the galley and mess.

MEDICAL DEPARTMENT or COMMAND DESIGNATED REPRESENTATIVE

- Conduct weekly sanitation inspections.
- Conduct medical screening of military/civilian food service personnel for disease or unclean habits that could result in food-borne illness.
- Establish food service sanitation training program (Annual requirement for AUXCA program).



KEEPING FOOD SAFE

HOW FOOD BECOMES UNSAFE

**TIME SPENT IN DANGER ZONE (41-135 DEGREES)
SHOULD BE NO MORE THAN 4 HOURS (CUMULATIVE
TIME to prevent contamination)**

4 groups of micro-organisms that can contaminate food:

1. Bacteria

- Harmless
- Beneficial
- Undesirable
- Disease-causing (leading cause of food-borne illnesses)

2. Viruses

- Not as dangerous as bacteria
- Usually contaminate food by poor personal hygiene

3. Parasites

- Live inside or outside of the body
 - Protozoa, roundworms, and tapeworms
- Usually contaminate food by poor personal hygiene

4. Fungi

- Responsible for food spoilage but not food-borne illnesses

SIX (6) CONDITIONS that allow food-borne microorganisms to grow

• **FATTOM**

- Food – foods high in protein & carbs provide energy.
- Acidity – foods with little or no acidity.
- Time - bacteria grow fastest at unsafe temperatures. Food should be removed from the **DANGER ZONE** within 2-4 hours.
- Temperature – **DANGER ZONE: 41–135** degrees F is where food-borne microorganisms grow best.
- Oxygen – bacteria grow with or without it.
- Moisture – water is essential for the growth of food- borne pathogens. The higher the moisture, the faster bacteria grow.

Food

Acidty

Time

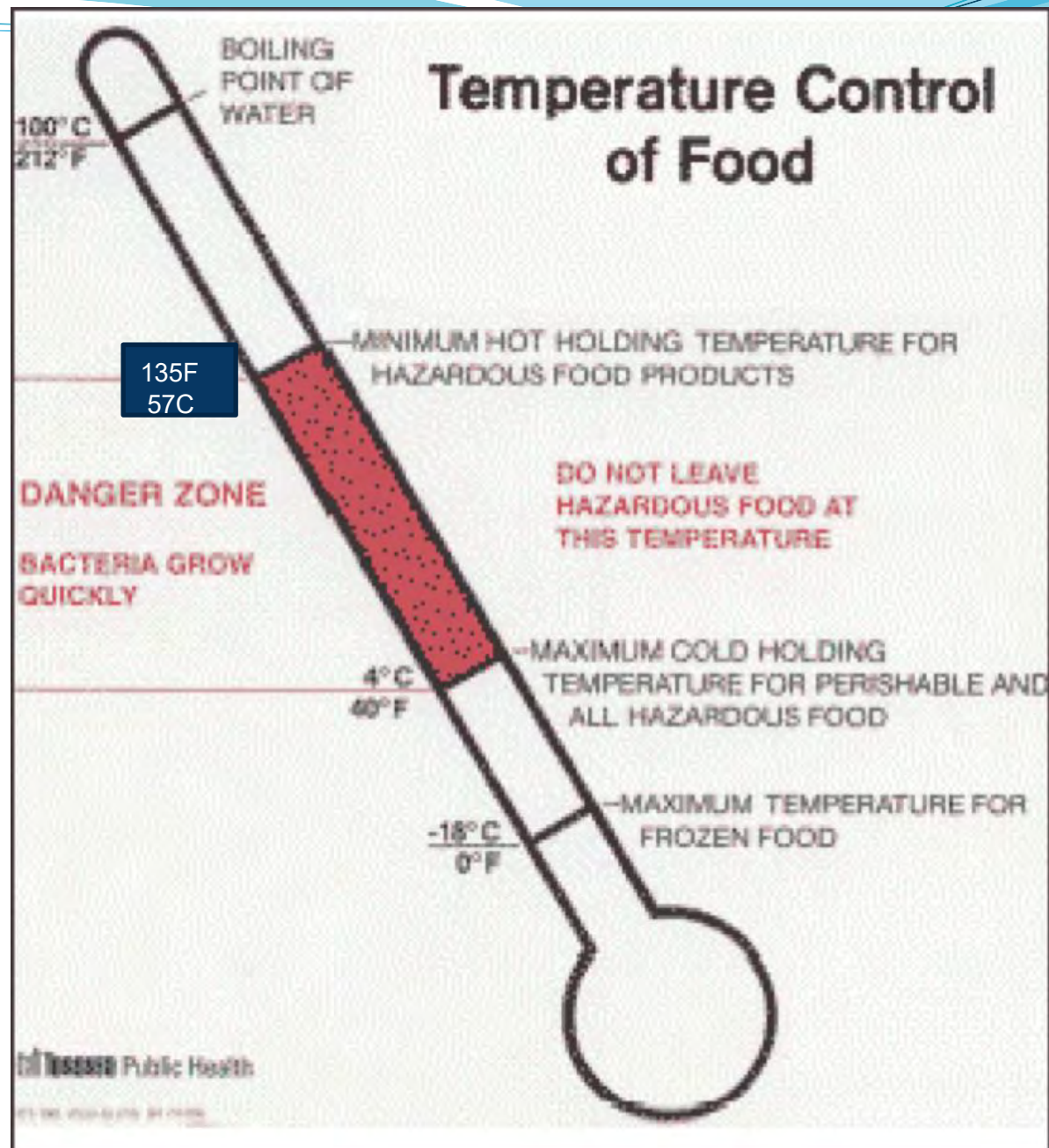
Temperature

Oxygen

Moisture

REMEMBER:

- Coast Guard Danger Zone is 41 degrees F – 135 degrees F.



Food-borne Illness

An illness that results from eating contaminated food caused by improper handling, preparation or storage of food.

- **Infection** – caused by bacteria
- **Intoxication** – caused by toxins (poisons) that the bacteria produce
- **Natural Poisons** – some foods are naturally poisonous
- **Chemical Poisons** – caused by interaction of food and equipment or exposure to insecticides and other chemicals

Prevention Methods

- Minimize time spent in **DANGER ZONE (41- 135 F degrees)**
- Cook and store food at proper temperatures
- Practice good personal hygiene
- Avoid cross-contamination
- Buy food only from known, approved sources
- Do not bring home-cooked food to the unit

Prevent Chemical & Physical Hazards

- Use only food-grade containers
- Store chemicals in their original containers away from food prep areas
- Do not use a glass to scoop ice
- Do not chill glasses, etc. on ice that will be used for drinks
- Do not store tooth picks or non-edible garnishes where they can fall into the food
- Clean can openers after each use
- Remove staples, nails, etc. from boxes when food is received

Keeping Food Safe

Avoid Food-borne Contamination

- Food is contaminated when it contains hazardous substances
- Main source of contamination is microorganisms
- There are others:
 - Other toxins
 - Chemicals
 - Physical (hair, bones, etc.)
 - Allergies

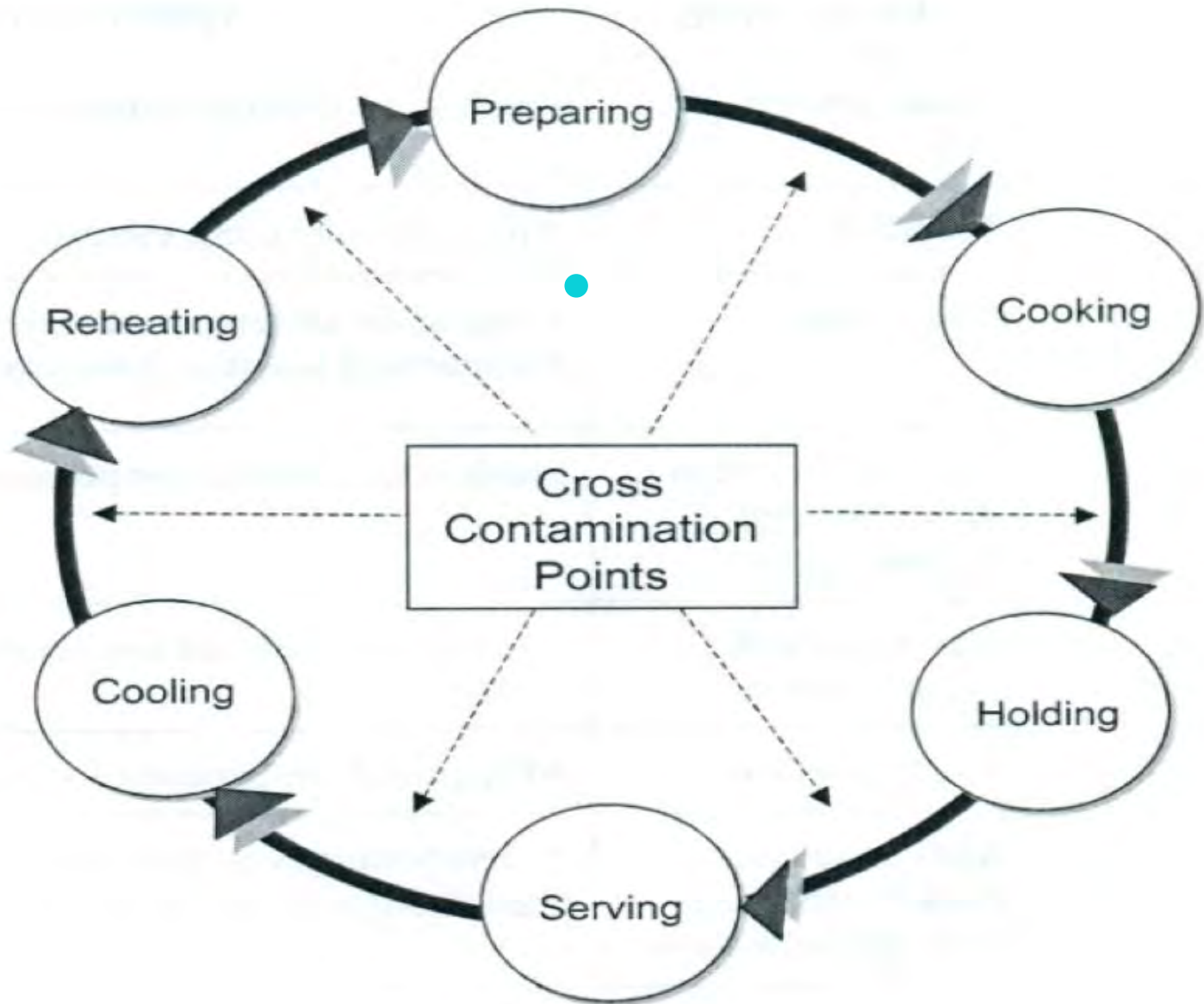
Cross Contamination

- **CROSS CONTAMINATION IS A MAJOR CAUSE OF THE SPREAD OF BACTERIA** – preventing it will help prevent illness and food spoilage
- It is the movement of bacteria from one food to another or from a piece of equipment to a work surface
- It occurs any time a contaminated food comes into contact with non-contaminated food, equipment, or work surface

Ways to avoid cross-contamination

- **One set** of boards, utensils and containers for each food group
- **Clean and sanitize** boards, knives, work surfaces, equipment and utensils after each task or between different foods
- **Store** raw meats (in refrigerator) on bottom shelves in containers and ready-to-eat foods on top shelves
 - *The higher the final cooking temperature, the lower on the shelves when the food is raw*
- **Taste food** using a tasting utensil only once
- Keep food products away from chemicals and cleaning supplies
- Do not put containers that have been on the floor onto a counter
- **Wash hands** frequently

When food can be contaminated



Preparing food

- Pay attention to cleanliness of equipment and surfaces
- Keep food out of the **DANGER ZONE**, watching time and temperature
- Prepare in small batches so that the food can be replenished more often during service to avoid food being in the **DANGER ZONE** for too long

Cooking Food

Pay attention to internal temperature and amount of time the temperature is held.

Some guidelines from the CG Sanitation Manual:

- 1) Ground beef should be cooked to 155 degrees for 15 seconds or until juices run clear
- 2) Beef and pork should be cooked to 145 degrees. Hold the pork at that temperature for 3 minutes
- 3) Poultry, stuffing, stuffed meat/fish or stuffings with meat/fish/seafood shall be cooked immediately after prep to a temperature of 165 degrees for 15 seconds

Cooking eggs

- Scrambled eggs shall be cooked to 155 degrees and until there is **no visible liquid egg**
 - Scrambled eggs shall be cooked in batches of not more than **3 quarts**
- Shell eggs “cooked to order” shall be cooked **until white is firm and yolk is set** – no sunny-side eggs
 - Easy over or steam under a lid.



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Serving raw eggs and foods containing raw eggs is **PROHIBITED**



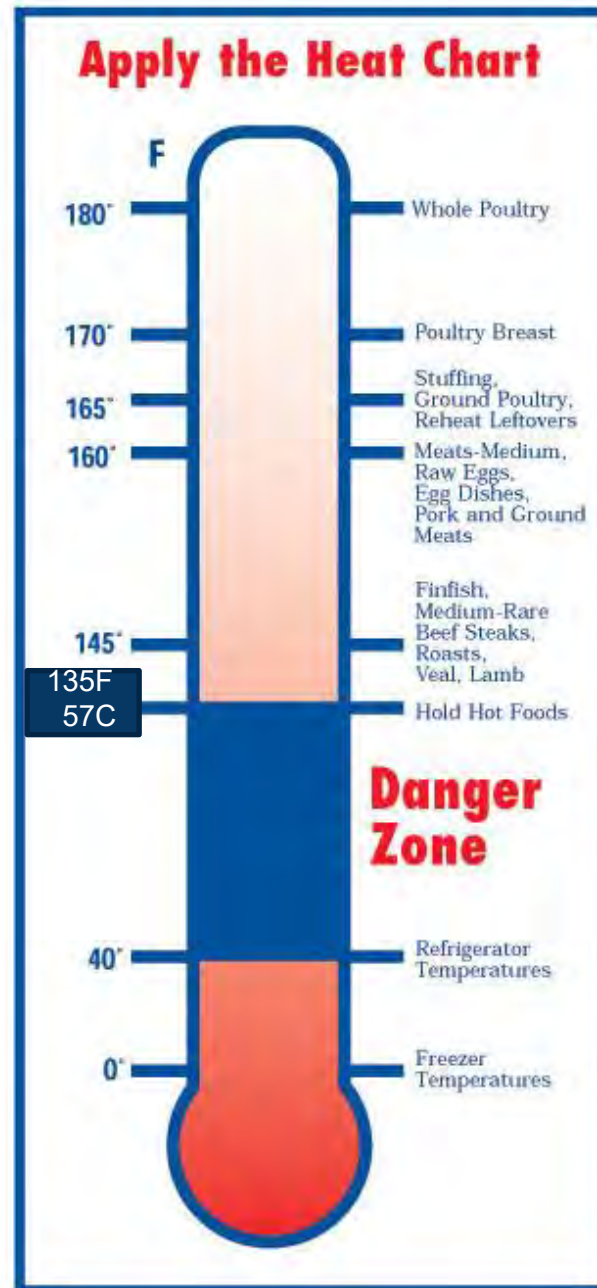
REMEMBER:

Coast Guard


Danger Zone is

41 degrees F –


NEW! **135 degrees F.**



Holding food (during serving)

- Keep hot food **HOT** and cold food **COLD**
- Keep food out of the **DANGER ZONE**
- Hold **hot food** at  **135** degrees or higher, setting the temperature of the steam table at 160 degrees or higher
- Hold **cold food** at 41 degrees or less, setting the temperature of the cold food table at 32 degrees or less
- Check internal temperatures every 15 minutes
- Discard food which has been in the **DANGER ZONE** for more than 4 hours

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- Check internal temperatures every 15 minutes.
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Serving Food


- Use long-handled, clean utensils with a separate utensil for each food
- Use tongs, forks, ladles, spoons, etc. to serve
- Pay attention to portion size
- Serve in small batches to reduce waste
- Replace utensils every two hours
- Wear gloves on serving line - do not touch prepared food with bare hands



Cooling Food

- Cool food as quickly as possible – food should be cooled outside of the **DANGER ZONE** within 2- 4 hours
 - Between  135 to 70 degrees within 2 hours
 - From 70 to 41 degrees within total 4 hour period
- Some methods of cooling:
 - Portioning out into shallow, chilled pans
 - Pan of 3 inches or less/1 gallon or less
 - Place cooking container in cold running water (shore units only) or ice bath
 - Use containers that facilitate the transfer of heat

Storing Food

- **Proper storage is essential to avoid food spoilage and severe illness**
 - For leftovers: Label food with your name, date prepared, date to discard  (serve within **72** hours)
 - Use oldest food first
 - Discard food after expiration date
 - Transfer food properly between containers
 - Keep food out of **DANGER ZONE**
 - Make sure refrigerators (41 degrees) and freezers (0 degrees) are at proper temperature
 - Store food only in designated areas with food **6" off deck**

| REMOVXTRA™ | DATE | TIME |
|------------|------|------|
| PULL | | |
| THAW | | |
| DISCARD | | |
| PRODUCT | | |

③

LES - MERCREDI

ITEM _____

EMPLOYEE _____

DATE _____ AM PM

USE BY _____ AM PM

USE
FIRST

USE PRIMERO
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REMOVX™

Product _____

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SABADO

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SELF LIFE _____

EMPLOYEE _____


USE BY

DATE _____

TIME _____ AM PM

REMOVX™

Leftovers

- Cool leftovers within 4 hours
- Use **within**  **72 hours**, chilled at 41 degrees
- Do not freeze leftovers
- **Some things cannot be leftovers:**
 - Food that was on the serving line
 - Food with ingredients that have been peeled, chopped, sliced, etc. by hand after cooking
 - Salads (with mayo) and highly perishable foods
 - Creamed foods
- **Label and store on top shelf**
- Plan a creative meal using the leftovers

Thawing and Reheating Food

- Best to thaw food in refrigerator
 - Ideal thawing temperature is 36-38 degrees F
- Thaw under cold running water (70 degrees or below).
 - Do not let food get into the **DANGER ZONE**
 - Shore units only – not cutters!
- Do not thaw on counters
- If the microwave is used to thaw, cook product immediately
- **REHEAT** cooked food to 165 degrees for 15 seconds and hold at 140 degrees

Receiving and Inspecting Food

- The FSO will give instructions for receiving and storing the food
- Food should come from USDA approved sources only:
 - Food from farm stands, etc. not acceptable
- All food received should be in undamaged packaging, properly labeled, at the correct temperature and in acceptable condition
- Milk should be received at 45 degrees or less
- Danger zone (4 hour) timing begins when food is delivered until it is refrigerated or put in freezer

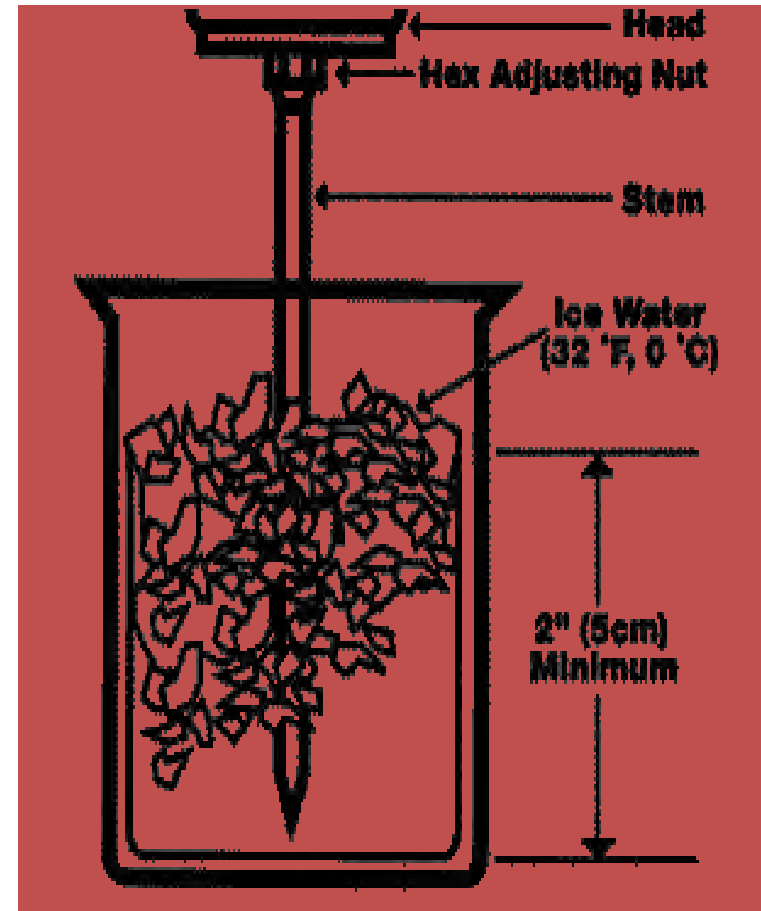
Thermometers

- Are critical for food preparation and safety
- Used to calculate the internal temperature of food
- **ALWAYS CARRY AN INSTANT READ THERMOMETER**
- Should be easily readable and numerically scaled
 - Digital is best
- Always **clean and sanitize** the thermometer after use
- Routinely calibrate a thermometer
 - It should be accurate to + or - 3 degrees.
 - Digital thermometers do not need calibration.



How to calibrate a non-digital thermometer – Ice Point Method

- Fill container with crushed ice
- Submerge thermometer in ice for 30 seconds
- Check temperature
- If not within **+/- 3 degrees of 32 degrees** then adjust thermometer to correct temperature
- This is the preferred method





Follow the Coast Guard's
recommended temperatures
which are found in the
**NEW! FOOD SAFETY AND
SANITATION PROGRAM-
TACTICS, TECHNIQUES AND
PROCEDURES (TTP)**

Temperature Logs

- Logs are kept on all freezers and refers
- Temperature should be checked at least daily
 - The refers should be at 32-41 degrees
 - The freezers should be at 0 degrees or lower
 - **Check thermometers which are inside and outside each unit**
- Notify the PIC, FSO, OOD or OIC if there is a problem with the temperatures

Cleaning and Sanitizing

- **Cleaning** – cleans off only top particles of a surface but leave bacteria
- **Sanitizing** – actually kills bacteria
- There are **six steps needed for clean equipment:**
 - Sorting
 - Scraping
 - Washing
 - Rinsing
 - Sanitizing
 - Air drying
- **Store equipment upside down**

More on Cleaning and Sanitizing

- Equipment, tableware, and utensils are cleaned and sanitized in the Scullery area of the Mess after each meal or as needed during prep.
 - The FSO will provide instructions on equipment
 - Some units may have duty/mess cooks to help with this task

More on Cleaning and Sanitizing

- Clean and sanitize boards, knives, work surfaces, equipment, and utensils after each task or between different foods
 - Use paper towels, disposable wipes or disinfectant wipes
 - Sanitizing solution - 1 tablespoon of bleach in 1 gallon of water - then air dry (always); Commercial sanitizing solution may be used
 - Put solution in small bucket (usually red) and/or spray bottle

Cleaning and Sanitizing Equipment

- **Manual:** Requires 3-compartment sink for washing dishes, etc. by hand
 - Sink 1 (washing) not less than **110 degrees F** with soap;
 - Sink 2 (rinsing) **120-140 degrees F**
 - Sink 3 (sanitizing) **171 degrees F** or greater; sanitizing solution or bleach not needed if temperature is above 171 degrees
- Pre-soak utensils before washing
- Air dry utensils and equipment



- **Mechanical:** Cleans and sanitizes equipment and utensils in scullery
 - Some pre-rinsing and washing needed
 - Pre-soak utensils
 - Air dry utensils and equipment
 - Follow the instructions carefully




Frequency of Cleaning and Sanitizing

- Grills, galley equipment and mess deck cleaned and sanitized after each meal
- Tables and tableware:
 - After each meal
 - Thoroughly scrubbed after the evening meal
- Slicers, mixers & can openers after each use
- Milk machines & toasters after each meal
- Coffee makers once a day
- Exterior of all condiment dispensers (sugar, salt & pepper, hot sauces, etc.) after each meal
- Ice accumulation in freezers and refrigerators must not exceed 1/4 inch on coils

Prohibited Cleaning Products

- Sponges and cleaning cloths can not be used on food contact surfaces. However *sanitized* wiping cloths (if available) may be used.
- Steel-wool can not be used for cleaning equipment, utensils or other food-contact surfaces
- Metal sponges and “greenies” may be used, but must be discarded after showing wear
- Metal polish may not be used on food-contact surfaces

Prohibited Materials

- Wood and wood wicker products not allowed for cooking or serving
-  Use hard rubber or plastic cutting boards
- Cast iron skillets are not used for cooking
- Silver plated bowls and pitchers not used to serve acidic food or beverages
- Metallic coatings may not be used for food-contact surfaces

Sanitizing Solutions

- Chlorine-bleach is the most common
- Iodine
- Quaternary ammonium (commercial solution)
 - Follow manufacturers recommendations for proper H₂O temperatures and pH, solution strengths & immersion times

Pest Control

- Pests such as cockroaches, flies, rats/mice, and stored product pests are a health hazard in galleys and messes



- Keeping the galley and mess clean reduces the threat from these pests
- A unit should have a **Pest control program** in place in the event of an infestation of rats, roaches, bugs or other insects

- Garbage and refuse shall be kept in covered, durable, insect resistant, and rodent-proof containers that do not leak and do not absorb liquids
- Plastic bags and wet-strength paper bags may be used to line these containers, and may be used for storage inside food service establishments when protected from insects and rodents



Stored Product Pests (SPP)

- Special emphasis should be placed on evaluating the commonly infested products: grits, cornmeal, farina, fry mix, pasta, barley, cookie and cake mix, flour, beans and peas, spices, cereal
- Recognize the signs of insect infestation
- Immediately remove infested product and either freeze for at least 96 hours or discard
- Render all infested stores as unusable by cutting bags open, crushing pasta, etc.



Animals in the Mess/Galley




- Many units have pets as part of the crew **HOWEVER**
- Live animals are not permitted in the mess/galley **except:**
 - Working dogs accompanying security or police officers while conducting a mission. Otherwise left at the door.
 - Support/service animals accompanying a handicapped person.



Personal Hygiene and the Food Handler

Food handlers can contaminate food if they are ill or injured or if they do not practice good personal hygiene.





Food Service Personnel are the most important link in the transmission of food-borne illnesses.

They are the first line of defense in avoiding such illnesses.

Be A Safe Food Handler

- Practice good personal hygiene and cleanliness
- Do not prepare or serve food when ill or injured
- **Wash hands frequently and correctly**
- Follow health and safety practices
- Do not touch face, hair, nose, etc. unless you wash your hands immediately after
- Do not wear a dirty uniform
- Do not cough or sneeze without covering mouth and then washing your hands

Required Practices

- Eat only in designated areas
- Do not use tobacco or  **electronic cigarettes/vaping** while preparing or serving food
- Avoid contaminating hands with soiled tableware and kitchen equipment
- Conform to good hygiene practices
- Do not store personal items in the galley or mess
-  **Do not use technology (such as cell phones or tablets) while in galley – use outside of food prep. area and only when safe to do so**

Keep hands clean

- Wash with hot water and soap for at least 20 seconds (“Happy Birthday” twice). Rinse thoroughly and dry with paper towels.
- Always wash hands:
 - Before starting work
 - After activities that could contaminate food
 - During work as necessary
- Wash hands in a designated hand-washing sink, not one used for food preparation

Proper hand washing technique



1. Wet your hands with water and apply soap.



2. Rub hands together to make a lather.



3. Rub your palms, fingers, and back of your hands.



4. Rub your hands really well for at least 20 seconds.




5. Rinse hands with water.



6. Dry hands using paper towel or an air dryer.

Wearing Gloves

- Not a substitute for hand washing
- Worn when handling food that will not be cooked
-  Use of Latex gloves is prohibited and do not use powder lined gloves
- Change gloves:
 - When they are soiled
 - Before starting new task
 - At least every 4 hours
 - After handling raw meat and before handling cooked food
- **IMPORTANT – For minor cuts: Stop the bleeding, bandage the wound, and WEAR GLOVES**

Proper glove removal



Grooming Standards

- Follow Chapter 10.3.C of the Auxiliary Manual.
- Also the CG Sanitation Manual, Chapter 3.D
- Some CG details:
 - Nails should be short and clean
 - Hair should be neat, clean and covered
 - Facial hair (1" or more) requires the wearing of a facial net (snood)

Clothing Guidelines

- Wear clean, approved Auxiliary and AUXCA uniforms as authorized by the Auxiliary Manual.
- Wear safety shoes or boots. Medical clearance for variations in footwear is acceptable.
- Wear a white apron
- Wear an approved clean cover
- Do not wear jewelry (watches, rings, earrings, etc.) while preparing or serving food

Health Requirements

- Must be physically and medically able to handle the duty
 - Is required by ALCOAST 253-13 to meet same health requirements as CG CSs:
 - **Health Screening:** A simple exam which takes vitals (blood pressure, temperature, etc.), asks about medical history and about prescription drug use, and checks for obvious injury/illness.
 - Can be done at a CG clinic or by a licensed personal medical provider
 - **Hepatitis A:** Series of **2 shots** is required (initial & 6-12 mo. booster)
 - A CG Health Unit can provide the shots at no cost
 - Other military clinics may be able to give the shots
 - Local health departments and drug stores can also provide the shots
- HEP A shots are now covered by the Affordable Care Act, check with your insurer.


More on Health Requirements

- ALCOAST 300-15 requires that all AUXCAs have a sign-off on their PQS (page 2) documenting that they have received a health screening and the HEP A shot. The sign-offs need to be made by Coast Guard medical personnel or by a licensed personal medical provider. 6-12 month Hep-A booster is required.
- A separate letterhead document with required information signed by a personal medical provider is acceptable



WORK PLACE SAFETY

Safety in the Workplace

- The workplace place must be safe
- An unsafe condition exists when there is the potential for serious injury
-  Most accidents are due to inattention
- Observe and act on safety precautions
 - **Be Proactive** (to prevent or avoid unsafe conditions before they happen).
 - **Be Reactive** (to deal with unsafe conditions after they happen).

The Safe Workplace

- Prevents cuts
- Prevents burns
- Prevents fires
- Prevents injuries from machines and equipment
- Prevents falls
- Prevents strains and injuries from lifting

Basic Safety Precautions

- Be observant and work smart
- Know emergency numbers and contacts
- Know the locations of first aid equipment and fire extinguishers
- Use safe work procedures and wear the correct uniforms
- Use the proper tool for the job and use it correctly
- Use a tool only for the job it was made for
- Make sure that equipment is in good condition and report any problems
- Use protective equipment or clothing if needed

Safety Tips

- Keep breakable items away from food production areas
- Open lids and steam table covers away from you to allow steam to escape
- Assume a pan handle or pan is always **hot**; put a pot holder on a pan to show that it is hot
- When walking with a hot pan say: “hot pan, hot pan”
- Keep pot handles turned in to avoid knocking the pans off the stove or counter
- Keep drawers and doors closed

Safety Tips (continued)

- Prevent spills and fires
- Keep a supply of salt or baking soda handy to put out small fires
- Keep the floors clean and clean up spills right away
- Throw salt on a slippery floor until it can be cleaned
- Check the pilot lights before turning on the gas
- Unplug appliances when not in use by grasping the plug, not the cord
- Get any necessary training (equipment, fire procedures, injury procedures, etc.)

Treating MINOR Burns and Cuts

- Minor burns

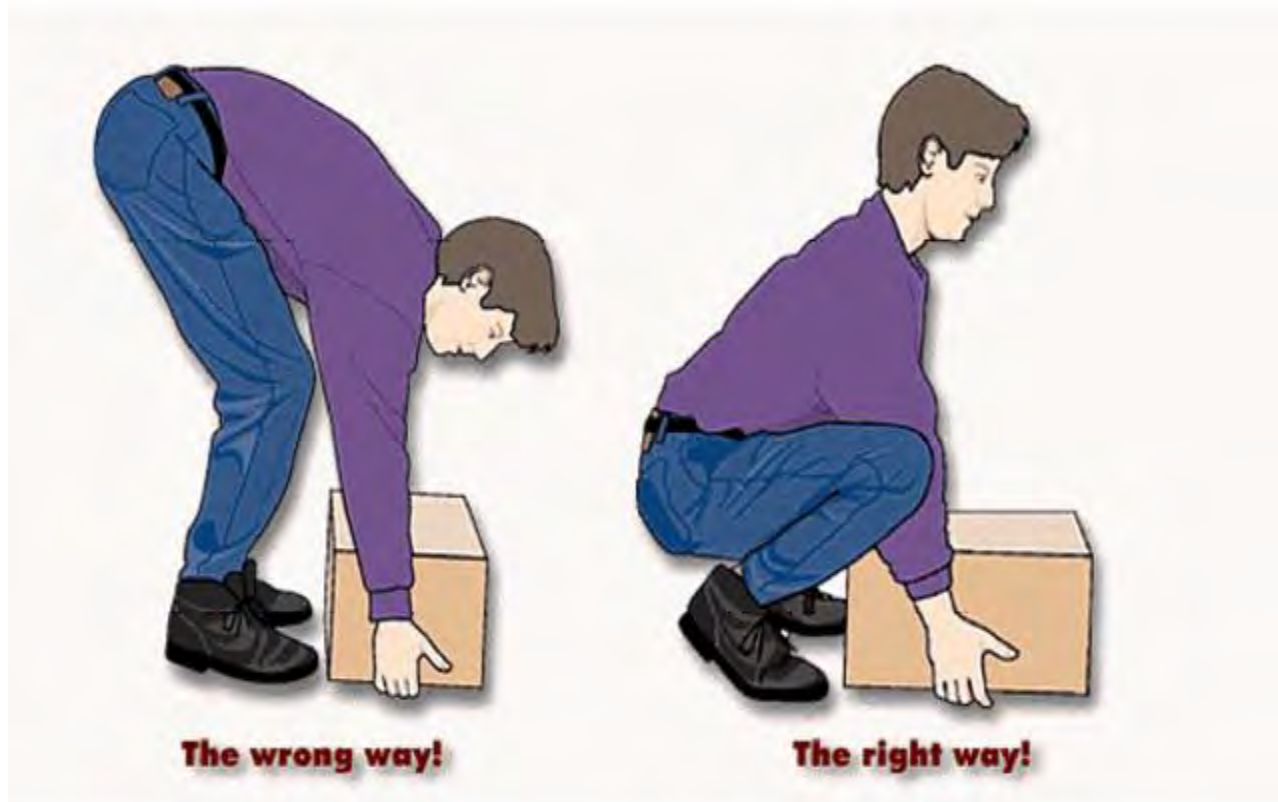
- Cool the burn under cool running water for 10-15 minutes
- Treat with topical burn ointment or spray. *Do not use butter.*
- Cover with a dry sterile gauze bandage
- Take an over the counter pain reliever

- Minor cuts

- Stop the bleeding
- Clean the wound
- Apply antibiotic cream or ointment
- Cover the wound; Use gloves if going back to work

**REPORT MAJOR BURNS, CUTS OR INJURIES TO
THE FSO OR OIC**

Use proper lifting and carrying techniques



Heat Stress in the Galley

- Exposure to heat can cause illness, from minor to the more serious heat exhaustion
- Know the signs of heat illnesses, from heat exhaustion to the serious heat stroke
 - Fatigue, nausea, weakness, headaches, and more
 - Report any concerns to the FSO or OIC
- Drink lots of water, at least every 15 minutes
 - If you feel thirsty, you are already dehydrated
- Take breaks to cool down

Toxic and Poisonous Substances

- Toxic and Poisonous substances such as cleaning chemicals must **not** be stored in the food prep areas or food storage areas
 - Such substances must be clearly marked.
- **Safety Data Sheets** (SDS) must be available in the galley.
 - They provide the proper procedures for handling or working with a particular substance.
 - Including information such as physical, toxicity, health effects, first aid, storage, disposal, protective equipment, and spill/leak procedures

Safety Data Sheet

- | | |
|---|-------------------------------------|
| 1. Identification of Preparation and the Supplier | 9. Physical and Chemical Properties |
| 2. Composition | 10. Stability & Reactivity |
| 3. Hazards Identification | 11. Toxicological Information |
| 4. First Aid Measures | 12. Ecological Information |
| 5. Fire Fighting Measures | 13. Disposal Considerations |
| 6. Accidental Release Measures | 14. Transport Information |
| 7. Handling & Storage | 15. Regulatory Information |
| 8. Exposure Controls/Personal Protection | 16. Other Relevant Information |



The Clorox Company

1221 Broadway
Oakland, CA 94612
Tel. (510) 271-7000

Material Data

CLOROX REGULAR-BLEACH

CLEAR, LIGHT YELLOW LIQUID WITH A CHARACTERISTIC CHLORINE ODOR

| Identifications | Distributor | Emergency Telephone Numbers |
|-----------------------------------|--|---|
| Clorox Bleach Reg. No. 5813-50 | Clorox Sales Company 1221 Broadway Oakland, CA 94612 | For Medical Emergencies (800) 424-9293 For Transportation Emergencies (800) 424-9293 |

Physical and Chemical Data

IRRITANT. May cause severe irritation or damage to eyes and may irritate. Harmful if swallowed. Keep out of reach of children.

May suggest a low potential for sensitization upon exaggerated exposure to hypochlorite if skin damage (e.g., irritation) occurs during normal consumer use conditions the likelihood of any adverse effects is low.

Respiratory irritation may be aggravated by exposure to high concentrations of chlorine gas under certain conditions or chronic respiratory problems such as asthma, chronic bronchitis or obstructive lung disease.

AUG2019

III Hazardous Ingredients

| Ingredient | Concentration |
|---------------------------------------|---------------|
| Sodium hypochlorite CAS# 7681-52-9 | 5 - 10% |
| Sodium hydroxide CAS# 1310-73-2 | <1% |

Knife Safety

- It is important to maintain and use knives properly
- **Use the right knife for the job**
 - Paring knives for paring or peeling
 - Chef's knife for chopping or mincing
 - Slicing knife for slicing

A GOOD SHARP KNIFE IS A SAFE KNIFE

• Handling a Knife

- Grip firmly, keeping fingers away from the blade

How to hold a Chef Knife



- Keep sharp edge facing away from you
- Cut away from your body
- Do not cut food in your hand
- If the knife falls, *do not try to catch it*

Carrying a Knife

- Carry it low, at your side with the point down
- Place your other hand below the elbow.
 - This stops the knife from jerking up in the event of a bump



Tips on Knife Safety

- Move slowly when carrying a knife
- Warn others that you are carrying a knife:
 - Clearly say “knife, knife” when walking
- Do not hold a knife when carrying something else
- When handing a knife to someone else:
 - Point the handle toward the person and place knife on surface and let the person pick it up

More Knife Safety Tips

- Never try to open a can or bottle with a knife or use a knife as a screwdriver
- Do not use a knife to cut string, bones, metal or paper
- **Always use a cutting board.**
 - Keep it firmly in place by placing a damp paper towel underneath to keep it from moving around the countertop
 - Make sure the board is big enough for the task

More Knife Safety Tips

- Hand-wash your knives and dry thoroughly
- Never put knives into the dishwasher or drop them into a sink filled with sudsy water
- Always hold a knife by its handle, never the blade

Storing Knives

- Store in knife rack near where they will be used
- Keep all knives in a permanent place
- Keep blades protected when not in use.
 - Use simple knife guards
- If you are storing knives in a drawer, make sure to keep them in a separate compartment, away from other utensils

- Knife guards



Sharpening and Maintaining Knives

- Sharp knives cut more easily and are safer!
- Test blade for sharpness regularly. If the knife is not cutting easily it needs to be sharpened.
- Use the correct sharpening tool, either a stone or mechanical.
 - Use the sharpening tool correctly or have it done professionally to avoid damage to your knife
- Use a steel before each use to keep knife sharp.

Inspection of Galley and Mess

- A medical representative or a command-appointed person will conduct a weekly sanitation inspection of the dining facility to determine compliance with the Food Safety and Sanitation Program (TTP)
- The inspection will look at food preparation, serving, cleaning, and storage spaces, as well as the CS personnel including the AUXCAs.
- The findings will be recorded on the Food Service Establishment Inspection Report Form (CG-5145).
 - The unit will have a specific amount of time in which to correct the findings. The amount is determined by the seriousness of the findings.

U.S. DEPARTMENT OF
HOMELAND SECURITY
U.S. COAST GUARD
3-5145 (6-04)

FOOD SERVICE ESTABLISHMENT INSPECTION

(Please use reverse side for remarks)

DISTRICT

UNIT NAME AND ADDRESS

INSTRUCTIONS: Based on an inspection this day, the items marked (X) below identify the violation in operation to be corrected by the next routine inspection or such shorter period of time as may be specified in the Sanitation Manual.

INSPECTION SCORE

SEATING CAPACITY

WATER SUPPLY

☐

1. PUBLIC

☐

2. PRIVATE

SEWAGE DISPOSAL

☐

1. PUBLIC

TYPE OF INSPECTION

☐

1. GALLEY

☐

2. CLUB

☐

3. OTHER

PURPOSE OF INSPECTION:

☐

1. ROUTINE

☐

2. FOLLOW-UP

☐

3. COMPLAINT

☐

4. INVESTIGATIVE

FOOD SERVICE PERSONNEL CERTIFIED:

☐

1. YES

☐

2. NO

FOOD SERVICE PERSONNEL PHOTOCOPIED:

☐

1. YES

ITEM

X

WT

DESCRIPTION

ITEM

X

WT

AUG 2010

Inspection of Food Service Personnel

- The FSO or other personnel designated by the OIC will make daily inspections of the CS personnel, including AUXCAs.
- An inspection of the CS personnel is also part of the weekly sanitation inspection.
- The inspection will look at personal hygiene, cleanliness of uniforms, and health issues.



Thank you for taking the AUXCA Sanitation Workshop. You should now go to the Auxiliary eTesting (NTC) Website to take the AUXCA Sanitation Test based on the material in this presentation.

You MUST complete the test with a passing grade in order to be credited with the Sanitation Workshop annual requirement. No worries – you can take it multiple times to pass and it is “open book” so keep at it!