

Preventing Cross-Contamination

In-service Training

By Lubna Qureshi

2/27-28 & 3/20-21/2013

Explain: What is cross-contamination?

Cross contamination occurs when harmful bacteria is transferred from one food to the other through direct contact with equipment, utensils, work surfaces, clothing and hands.

Review: Prevent cross-contamination

Storage

- Store ready to eat food **above** raw meat, poultry, seafood and eggs
- Store unwashed produce **below** ready-to-eat foods and **above** raw meats
- Store raw meat **below** unwashed produce. (Best to have separate areas for storage)

Production

- Separate workstation
 - raw meat, poultry seafood
 - Ready-to-eat foods; fruits, vegetables, salads, sandwiches
- Separate equipment, containers, utensils for raw meat, ready to eat food and produce
- Clean and sanitize equipment, containers and utensils used for raw animal foods **before** using them for cooked or ready-to-eat foods
- Use the correct cutting boards
 - Red- raw meat ,poultry, seafood
 - White- ready to eat food
 - Green- washed raw fruits and vegetables

Serving

- Use separate utensils for cooking and serving
- The handle of utensil must not touch the food
- Place containers and utensils so that customer's hands and clothes do not touch the food
- Replace utensils with the clean ones, if dropped or if soiled with dried-on food
- Never touch ready to eat food with bare hands

Activity: Scenario

John and I have to share a work table. He is cutting raw fish on the red cutting board while I'm making sandwiches on the white cutting board.

What went wrong here?

- We are working side by side
- The juices from the raw meat could spill or splatter and contaminate the sandwiches
- If worktable is shared, the best practice is to prepare those foods at separate times and sanitize the surfaces and utensils before and after the use.

Quiz

- Where should the ready to eat food be stored?
 1. **Above the raw meat and produce**
 2. Below the fresh produce
 3. Below the raw meat
- Where should the raw meat be stored?
 1. Above the ready to eat food
 2. Above the fresh produce
 3. **Below the fresh produce**
- Serving utensil should always be placed directly in the food, with the handle out, not set on top of the food.
 1. **True**
 2. False

Preventing Cross-Contamination



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Bloodborne Pathogens

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Explain: What is Bloodborne Pathogens?

Any body fluid visibly contaminated with blood and all body fluids in situations where it is difficult or impossible to differentiate between body fluids.

Review: Bloodborne Pathogens

(Any body fluid that is visibly contaminated with blood, any body fluid that you can't tell what it is)

- Hepatitis B, C → Liver Cirrhosis
- HIV → AIDS

Body fluids that are not expected to be infectious sources of blood borne pathogens unless they are visibly contaminated with blood:

- Urine
- Feces
- Vomit
- Tears
- Sweat
- Sputum
- Nasal secretions

Although these body fluids do not currently require universal precautions, good personal hygiene practices are highly recommended when handling these materials.

What to do after exposure

- Wash hands and other skin surfaces immediately after contact
- Inform your supervisor

Activity: Scenario

In the kitchen, Kristina had a small cut on her index finger and she couldn't find a Band-Aid. With her open cut, she delivers a lunch tray to a patient and notices a blood specimen in a tube, sitting on the table. She picks it up and throws it in the trash.

What went wrong here?

- She needs to cover her open cut with a Band-Aid
- She needs to inform the nursing staff
- She should not touch the specimen tube

Quiz

- Which of the following material could contain Bloodborne pathogens?
 1. Saliva
 2. Urine
 3. Body fluids
 4. **All of the above**
- You should always treat all body fluids as if they are infectious and avoid direct skin contact with them.
 1. **True**
 2. False
- Bloodborne pathogens may enter your system through:
 1. Open cuts
 2. Skin abrasions
 3. Dermatitis
 4. Mucous membranes
 5. **All of the above**

Bloodborne Pathogens



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