

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: SANITATION AND SAFETY

Code No.: FDS127

Program: CHEF TRAINING AND HOTEL & RESTAURANT MANAGEMENT

Semester: ONE

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Date

SANITATION AND SAFETY

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**OVERALL OBJECTIVE:**

To provide the student with an understanding of sanitation and safety required and importance in the industry.

**TOPICS TO BE COVERED:**

**MODULE ONE OBJECTIVES: (1 HOUR)**

**Task:** Practise personal hygiene

A) Interpret and Comply with Policies and Codes:

- Ontario Regulations Bill 138 under Health Protection and Promotion Act
- Company health and safety regulations
- C.R.F.A. Sanitation Code
- Physical examination and tests (when applicable)

B) Maintain Personal Grooming:

- Bath and shower daily
- Clean teeth
- Scrub hands
- Keep nails clean and short
- Keep hair clean, suitably controlled and covered
- Change clothes - work/outdoor
- Wear correct footwear

C) Cover all cuts, burns, scratches, with a waterproof dressing to prevent infection and transfer of harmful bacteria.

D) Identify infections making employment unacceptable.

E) Comply with company policy regarding:

- Use of jewellery
- Use of cosmetics
- Smoking

MODULE TWO OBJECTIVES: (1 HOUR)

**Task:** Practise kitchen hygiene and sanitation

- A) Follow manufacturer's specifications when maintaining and cleaning equipment:
- Clean and sanitize all tables, counters and work surfaces
  - Follow the correct procedures and temperatures for manual cleaning of soiled dishes
  - Disassemble, clean, and sanitize preparation and service machines
  - Operate machine-washing equipment according to manufacturer's specifications
  - Store utensils to prevent contamination
  - Identify and select the cleaning materials
- B) Select the correct method to handle food waste and garbage:
- Wet garbage
  - Dry waste
  - Garbage containers
- C) Identify and eliminate insects and rodents:
- Regular inspection
  - Correct storage
  - Pest control

MODULE THREE OBJECTIVES: (1 HOUR)

**Task:** Apply basic first aid

- A) Apply artificial respiration:
- Mouth-to-Mouth
  - Sylvester Method
  - Holger-Wielson Method
- B) Treat shock and unconsciousness:
- Keep the person warm
  - Open air way
- C) Treatment for choking:
- Back blow
  - Abdominal thrust
  - Chest thrust

- D) Treatment for poisoning:
- Identify source of poison (if possible)
  - Call Poison Control if drugs involved
  - If poison is ingested, call for medical assistance
- E) Treatment for heart attack and stroke:
- Put person to rest
  - Maintain an open air way
  - Call medical assistance
- F) Treatment of wound and bleeding:
- Apply pressure to cuts
  - Apply appropriate dressing and bandage
  - Elevate injured area
  - Put casualty to rest
- G) Treatment of hand injury:
- Apply pressure to cuts
  - Apply appropriate dressing and bandage
- H) Treatment of eye injury:
- Remove dust from the eye using paper tissue
  - Cover both eyes when object unbedded in eye ball
  - Do not attempt treatment
  - Call for help immediately
- I) Treatment of burns to the body:
- **First degree** - submerge in cold water
  - **Second degree** - cover affected area with loose bandage without breaking blisters; call for medical assistance immediately
  - **Third degree** - cover affected area with loose bandage, towel or sheet; moisten before applying; call for medical assistance immediately

MODULE FOUR OBJECTIVES: (1 HOUR)

**Task:** Comply with Regulations and Company Policy and follow Emergency Procedures

- A) Identify Provincial statutes and regulations related to safety in the workplace:
  - Ontario Occupational Health and Safety Act
  - Worker's Compensation Act
  - Health Protection and Promotion Act 1983
- B) Identify and apply company regulations related to safety in the workplace:
  - Protective working clothing
  - Safety procedures
  - Safety equipment
  - Work environment
- C) Lift and carry heavy pots and pans correctly to avoid injury
- D) Comply with company reporting procedures:
  - Verbal reports
  - Written reports
  - Delivery to proper person
- E) Identify and report/remove hazards:
  - Bare wires
  - Gas leaks
  - Potential equipment breakdown
  - Remove grease on floor
  - Type and size of fire
  - Explosions
  - Electrical shock
- F) Identify locations of:
  - Fire extinguishers
  - Fire hoses
  - Fire blanket
  - Switches and turn offs
  - Emergency phone number
  - Fire alarm
  - Fire exits
- G) Select the correct extinguisher for type of fire
- H) Evacuate hazardous area (when necessary) and call external assistance

MODULE FIVE OBJECTIVES: (1 HOUR)

**Task:** Select and use knives and other cutting tools (Parisienne-Mandelin)

- A) Identify the parts of a knife: point, tip, back, cutting edge, heel bolster, handle, rivets, butts
- B) Identify the basic knives:
  - Paring
  - Boning
  - French
- C) Select the tool for sharpening knives:
  - Stone
  - Steel of proper shape and size
- D) Select the correct knife for the intended job
- E) Select cutting surfaces for sanitary/cleanliness and resilience
- F) Practice safety procedures when handling knives:
  - Holding, carrying
  - Cleaning, sharpening
  - Cutting away from body
  - Avoid distractions
- G) Cut ingredients using proper knife position and precise movement and taking care to:
  - Control slipping
  - Control size of cut
  - Protect hand holding ingredients
- H) Sharpen knife after each use using the correct tool to keep knife edge in perfect condition
- I) Clean and store knives to:
  - Prevent contamination
  - Protect blade
  - Eliminate safety hazards
  - Ensure ease of selection

MODULE SIX OBJECTIVES: (2 HOURS)

**Task:** Prevent food-borne illness

A) Follow reference material:

- Ontario Regulation Bill 138 (Health Protection and Promotion Act)
- Applicable Federal Government Acts and Regulation
- Local modified By-laws
- C.R.F.A. Sanitation Code

B) Identify types of food-borne disease:

- Food-borne infection
- Food-borne intoxication (bacterial)
- Food-borne intoxication (chemical)

C) Identify the conditions bacteria need to multiply:

- Temperature danger zones
- Warmth
- Moisture
- Food
- Time

D) Identify contaminated or unsafe food:

- Smell
- Touch
- Mould

E) Identify symptoms of food poisoning:

- Nausea
- Vomiting
- Abdominal pain
- Diarrhea
- Fainting
- Temperature

F) Thaw food in refrigerator or programmable microwave to prevent contamination and the multiplication of bacteria

G) Never refreeze defrosted foods

MODULE SIX OBJECTIVES: (cont'd)

- H) Cool food rapidly to prevent contamination by bacteria:
- Internal temperature
  - Ice water bath
  - Frequently stirring
  - Shallow pans
  - Thermometers
- I) Reconstitute and/or reheat food rapidly and work at correct temperature:
- Check internal temperature
  - Stir frequently
  - Use thermometers
- J) "Hold" food to prevent contamination and multiplication of bacteria:
- Hot food (above 60 degrees celcius)
  - Cold food (below 40 degrees celcius)
- K) Clean and sanitize equipment after every use
- L) Store food at correct temperature to prevent contamination, deterioration, and multiplication of bacteria

MODULE SEVEN OBJECTIVES: (1 HOUR)

**Task:** Maintain cooking equipment and cooking agents

- A) Interpret manufacturer's specifications and operating instructions
- B) Identify factors that affect safety and economical operation of equipment
- C) Clean heating agents to maintain quality and life of:
- Deep fryer
  - Griddle
- D) Disassemble equipment components according to manufacturer's specifications
- E) Clean equipment by using appropriate agents and solvents and following manufacturer's instructions



