



SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: SANITATION AND SAFETY  
CODE NO.: FDS127 SEMESTER: ONE  
PROGRAM: CHEF TRAINING AND HOTEL & RESTAURANT MANAGEMENT  
AUTHOR: REX LEESON  
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APPROVED: *R. Montali*  
DEAN, SCHOOL OF BUSINESS &  
HOSPITALITY

93-07-07  
DATE

SANITATION AND SAFETY

FDS127

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COURSE NAME

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COURSE CODE

**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:** Practice 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, suitable controlled and covered
- Change clothes - work/outdoor
- Wear correct footwear

**C) Cover all cuts, burns, scratches, with a waterproof dressing to prevent infectinand transfer of harmful bacteria**

**D) Identify infections making employment unacceptable**

**E) Comply with company policy regarding:**

- use of jewellery
- use of cosmetics
- smoking

SANITATION AND SAFETY

FDS127

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

SANITATION AND SAFETY

FDS127

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 airway
- Call for 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 with 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

SANITATION AND SAFETY

FDS127

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**

SANITATION AND SAFETY

FDS127

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

SANITATION AND SAFETY

FDS127

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
- Vomitting
- 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**

SANITATION AND SAFETY

FDS127

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 word 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

SANITATION AND SAFETY

FDS127

F) Store equipment and cooking agents to ensure quality and life of product:

- cover oil in deep fryer
- filter oil frequently to remove food particles
- never over fill frying buckets
- never allow salt to be mixed with oil in fryer

MODULE EIGHT OBJECTIVES: (1 HOUR)

Task: W.H.M.I.S.

A) Identify all hazardous materials

EVALUATION:

Three tests will be given:  
(approximate dates)

October \_\_\_\_\_  
November \_\_\_\_\_  
December \_\_\_\_\_

Cleaning lab sheet will be averaged with mark which will account for 30%. The three tests will be averaged with cleaning sheet.

Everyone will be required to write the test set by the National Sanitation Training Program (NSTP) by Canadian Restaurant and Foodservices Association.

If you wish you may receive a certificate from the Association at a cost of \$6.00 providing you pass.

GRADING SYSTEM:

- A+ 90-100%
- A 80- 89%
- B 70- 79%
- C 60- 69%
- R Repeat - under 59%

NOTE: Guest speaker from Algoma Health Unit (Health Inspector)