

Food Safety – Fact Sheet

Food Standards Australia New Zealand (FSANZ) is the government body that administers the *Australia New Zealand Food Standards Code* (the Code). The Code sets out the requirements for *Food Safety Practices* and *General Requirements* in Food Safety Standard 3.2.2. It is up to the states/territories to administer The Code. Please check you individual state/territory requirements for training in food safety via the table listed below.

Food handlers

People handling and preparing foods should take all reasonable precautions to make sure the food they are handling is safe and suitable to be consumed. There are specific requirements regarding:

- Health
- Hygiene
- Food preparation
- Hand washing
- Gloves

Health

- If a food handler has a contagious disease or is suffering gastric symptoms such as diarrhoea or vomiting, they should not go to work.

Hygiene

- Hands should be washed and dried thoroughly before handling food and after handling raw foods, as well as at any other time when there might be a risk of spreading germs (for example: after going to the toilet, sneezing, coughing, eating, drinking and touching the hair, scalp or body).
- Cover any sores, scratches etc. with a waterproof bandage or dressing.
- Cover coughs and sneezes with a tissue or your arm. **Avoid using your hands and turn away from others and food if you cough or sneeze.**
 - Dispose of tissues immediately in a rubbish bin.
 - Always wash and dry hands thoroughly before handling food.
- Clothing (including aprons) should be clean.
- Don't handle food unnecessarily.
- Do not smoke around food or food surfaces.

Food preparation

- Benches should be kept clean.
- Avoid cross contamination by:
 - thoroughly washing and drying hands, and
 - any utensils used after handling raw foods.

Hand washing

- Wet hands with warm running water.
- Add soap and rub over all areas of the hands, including fingers, thumbs and backs of hands.
- Wash for at least 10 seconds.
- Dry thoroughly using a single-use paper towel.
- Alcohol-based hand rubs may be used, but they don't work as well if you have dirt on your hands.

Gloves

- If you choose to use gloves, they must be exchanged for a new pair or disposed of at any time when you would normally wash your hands; for example, after:
 - handling raw food
 - using the toilet
 - coughing, sneezing, using a tissue or handkerchief
 - touching the hair, scalp or body, or
 - if they are torn.

State/Territory Resources for Food Safety and Hygiene	
Australian Capital Territory	
Department	Australian Capital Territory Department of Health
Phone	13 22 81
Email	HealthACT@act.gov.au
Website	http://www.health.act.gov.au/ (viewed 6 May 2010)
Information	Food Safety Policy Document – <i>Nourish: The Facts – The Food In ACT Schools Guidelines</i> , page 41 http://www.health.act.gov.au/c/health?a=da&policy=2025288088&did=10107160&sid= (viewed 6 May 2010)
New South Wales	
Department	New South Wales Food Authority
Phone	1300 552 406
Email	contact@foodauthority.nsw.gov.au
Website	http://www.foodauthority.nsw.gov.au/ (viewed 6 May 2010)
Information	Fact Sheet – Health and Hygiene Requirements of Food Handlers http://www.foodauthority.nsw.gov.au/_Documents/industry_pdf/health_hygiene_of_food_handlers.pdf (viewed 6 May 2010)
Northern Territory	
Department	Department of Health and Families
Phone	(08) 8999 2400
Email	Not available
Website	http://www.health.nt.gov.au/ (viewed 6 May 2010)
Information	Fact Sheets – Skills and Knowledge, Information for Food Handlers, Hand Washing and Cleaning and Sanitising http://www.health.nt.gov.au/Environmental_Health/Food_Safety/index.aspx#FoodSafetyFactSheets (viewed 6 May 2010)
Queensland	
Department	Queensland Health – Environmental Health Branch
Phone	(07) 3234 0938
Email	mailto:ehu@health.qld.gov.au
Website	http://www.health.qld.gov.au/ehworm/food/agencies.asp (viewed 6 May 2010)
Information	Teaching and Training Resource – Food Safety Matters (A fee may apply to this resource package) http://www.health.qld.gov.au/foodsafetymatters/ (viewed 6 May 2010)
Tasmania	
Department	Department of Health and Human Services
Phone	1300 135 513
Email	http://www.dhhs.tas.gov.au/contact/email_us
Website	http://www.dhhs.tas.gov.au/health_and_wellbeing/public_and_environmental_health/related_topics/food_safety (viewed 6 May 2010)
Information	Policy Document – Tasmanian Food and Nutrition Policy accessed via web link above

State/Territory Resources for Food Safety and Hygiene	
South Australia	
Department	Government of South Australia, Department of Health, Food Policy and Programs Branch
Phone	(08) 8226 7100
Email	food@health.sa.gov.au
Website	http://www.dh.sa.gov.au/pehs/food-index.htm (viewed 6 May 2010)
Information	Food Safety posters: 'Beware the danger zone' 'Don't cross contaminate' 'Wash your hands' 'Tell us if you are ill' http://www.dh.sa.gov.au/pehs/Food/food-safety-posters.htm (viewed 6 May 2010)
	Poster – Food Safety Fundamentals http://www.dh.sa.gov.au/pehs/Food/food-safety-pamph.htm (viewed 6 May 2010)
	'Bug Busters' DVD Ring number above and request a copy
Victoria	
Department	Victorian Government Health Information
Phone	1300 364 352
Email	foodsafety@dhs.vic.gov.au
Website	http://www.health.vic.gov.au/foodsafety/ (viewed 6 May 2010)
Information	Fact Sheet – Food Handlers Skills and Knowledge http://www.health.vic.gov.au/foodsafety/bus/skills_knowledge/food_handler.htm (viewed 6 May 2010)
Western Australia	
Department	Government of Western Australia, Department of Health, Public Health
Phone	(08) 9388 4999
Email	foodunit@health.wa.gov.au
Website	http://www.public.health.wa.gov.au/1/50/2/food.pm (viewed 6 May 2010)
Information	Fact sheets, policy documents found at above website

National Resources	
Department	Food Standards Australia New Zealand
Phone	1300 652 166
Email	information@foodstandards.gov.au
Website	Food Safety Practices and general requirements http://www.foodstandards.gov.au/contactus/contactform.cfm (viewed 6 May 2010)
Information	Fact Sheet – Food Handling Skills and Knowledge, Health and Hygiene – Responsibilities of Food Handlers http://www.foodstandards.gov.au/thecode/foodsafetystandardsaustraliaonly/standard322.cfm (viewed 6 May 2010)
Organisation	FOCiS (formerly Federation of Canteens in Schools)
Phone	(07) 4171 0753 State/territory contacts are listed on the website
Email	sandy@focis.com.au
Website	http://www.focis.com.au/ (viewed 6 May 2010)
Information	Looking after OUR KIDS – DVD and booklet