

Safe Method:

Reducing the risks of *E.Coli 0157* transmission



The pathogenic bacteria *E.Coli* requires concerted control within food businesses

Safety Point	Why?	How do you do this?
<p><u>PURCHASE OF CONTAMINATED FOOD</u> <i>E.Coli 0157</i> is a pathogenic bacteria originating from soil and the guts of animals that may find its way in to the human food chain via unwashed vegetables or meat.</p>	<p><i>E.Coli 0157</i> is naturally present in the soil and can be found on root vegetables. It may also be present in/on fresh meat contaminated by the bacterium during the slaughter/ butchering/ mincing processes so, <u>IT IS ALWAYS BEST TO TREAT ALL SUCH FOODS AS CONTAMINATED.</u></p> <p>In extreme cases food borne illness from <i>E.Coli 0157</i> can be fatal and your business must have systems and procedures in place to prevent its spread to products destined for human consumption.</p>	<p>All meat and root vegetables should be sourced from reputable suppliers to lessen the chance of contamination of these purchased products. Indicate your suppliers of these products: -</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>
<p><u>CROSS-CONTAMINATION THROUGH DIRECT PHYSICAL CONTACT BETWEEN FOODS</u> <i>E.Coli 0157</i> may be easily spread between raw meat /unwashed vegetables onto ready-to-eat foods if they are placed in actual physical contact.</p>	<p>If raw meat/unwashed vegetables are placed in physical contact with ready-to-eat foods then there is a real-risk of bacterial transfer between them. This could happen during the delivery, storage, preparation or display of food. You must have systems and procedures in place to prevent cross-contamination.</p> <div data-bbox="520 1128 820 1317" data-label="Image"> </div>	<p>How do you ensure that these foods are kept separate and at all times?</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div>
<p><u>CROSS-CONTAMINATION THROUGH COMMON PRACTICES</u> <i>E.Coli 0157</i> may be easily spread around a food premises by normal routine practices. This can result in the bacterium being transferred unintentionally between contaminated food and other objects/equipment/ready-to-eat food.</p>	<p>Very little <i>E.Coli</i> is necessary for human infection (<i>only 1 organism per gram of food</i>) so all practices must be meticulously controlled and managed.</p> <p>The law requires that all food businesses formally consider how the bacterium may be spread within premises and identify ways in which this may be prevented. This must form part of their safety management system of which there needs to be evidence (<i>refer to Article 5 of EC Regulation 852 2004</i>). Food businesses may use various methods of control including separation of processes, effective hand washing, effective disinfection, and the use of separate dedicated equipment for raw foods and ready-to-eat foods.</p>	<p>What general methods do you use in your business to control <i>E.Coli 0157</i>: -</p> <p>A food safety management system which fully recognises the risk of <i>E.Coli 0157</i> and accurately identifies the measures necessary to control perceived risk at all stages <input type="checkbox"/></p> <p>Food processes which are spatially separated enough in order to isolate the handling and preparation of foods likely to be contaminated with <i>E.Coli 0157</i> from foods which are ready-to-eat <input type="checkbox"/></p> <p>Hand washing carried out using a recognised technique at wash hand basins equipped with anti-bacterial soap, and staff who have been trained in effective hand washing <input type="checkbox"/></p> <p>Disinfectants and sanitisers which are capable of destroying <i>E.Coli 0157</i> and are used as instructed by the manufacture <input type="checkbox"/></p>

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<p><u>CROSS-CONTAMINATION WHEN USING THE SAME SURFACES/EQUIPMENT</u> <i>E.Coli 0157</i> may be spread via inanimate surfaces in which food handlers come into regular contact.</p>	<p>Food business must identify all surfaces liable to become contaminated by <i>E.Coli 0157</i>. If these are overlooked then contamination can be spread without any way of detecting it.</p> 	<p>Indicate in your business what surfaces are likely to become contaminated by E.Coli 0157: -</p> <p>Clothing <input type="checkbox"/></p> <p>Door handles <input type="checkbox"/></p> <p>Fridge/Freezer handles <input type="checkbox"/></p> <p>Oven handles <input type="checkbox"/></p> <p>Microwave handles <input type="checkbox"/></p> <p>Cupboard handles <input type="checkbox"/></p> <p>Food surfaces <input type="checkbox"/></p> <p>Cutting boards <input type="checkbox"/></p> <p>Window stays and catches <input type="checkbox"/></p> <p>Cash registers <input type="checkbox"/></p> <p>Tap heads <input type="checkbox"/></p> <p>Pens <input type="checkbox"/></p> <p>Gloves <input type="checkbox"/></p> <p>Add more surfaces here: -</p> <div data-bbox="954 770 1497 1106" style="border: 1px solid black; height: 150px; width: 100%;"></div>
<p><u>CROSS-CONTAMINATION THROUGH USE OF THE SAME AREAS</u> The areas used for the preparation of raw food must be separate from those used for the preparation of ready-to-eat foods – to prevent bacterial contamination.</p>	<p>Strict physical separation of food processes is considered the only reliable way of preventing the spread of <i>E.Coli 0157</i> to ready-to-eat foods.</p>	<p>What measures do you take within your business to ensure adequate separation of practices: -</p> <p>Equipment and utensils which are dedicated and identifiable <u>only to raw foods</u> (e.g. by colour coding), and which are not used for any food which is ready-to-eat <input type="checkbox"/></p> <p>Equipment and utensils which are dedicated and identifiable <u>only to ready-to-eat foods</u> (e.g. by colour coding), and which are not used for any food which is raw <input type="checkbox"/></p> <p>Providing separate working areas, storage facilities, clothing and staff for the handling and storage of <u>raw food</u>. <input type="checkbox"/></p> <p>Providing separate working areas, storage facilities, clothing and staff for the handling and storage of <u>ready-to-eat food</u>. <input type="checkbox"/></p> <p>Providing separate storage and display facilities, including refrigerators and freezers. Where separate units are not provided, the clean areas are sufficiently separated and clearly identifiable <input type="checkbox"/></p> <p>Providing work surfaces and equipment that are washed disinfected/regularly between tasks <input type="checkbox"/></p>

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<p><u>CROSS-CONTAMINATION VIA DUAL-USE EQUIPMENT</u> The practice of using equipment for 'dual-use' (i.e. for raw food and ready-to-eat food) will increase the risk of <i>E.Coli 0157</i> being transferred on to ready-to-eat food.</p>	<p>The use of 'dual-use' equipment is to be avoided. Despite the use of sanitisers within your food business these should not be relied upon as being totally effective at removing <i>E.Coli 0157</i> from food equipment. You should therefore designate equipment for either raw or ready-to-eat use only.</p>	<p>Indicate which items of equipment you designate for single use: -</p> <p>Vacuum packers <input type="checkbox"/></p> <p>Mincing machines <input type="checkbox"/></p> <p>Slicing machines <input type="checkbox"/></p> <p>Rotary mixers <input type="checkbox"/></p> <p>Hand mixers <input type="checkbox"/></p> <p>Cutting boards <input type="checkbox"/></p> <p>Weighing scales <input type="checkbox"/></p> <p>Cash registers <input type="checkbox"/></p>
<p><u>CROSS-CONTAMINATION VIA PACKAGING MATERIALS</u> <i>E.Coli 0157</i> may be spread via packaging materials or their re-use.</p>	<p>Where any raw meat or unwashed vegetables are encased in any form of packaging – the packaging must be regarded as contaminated and must not be re-used. Neither can any packaging materials be effectively cleaned or sanitised for re-use.</p>	<p>Indicate which types of packaging you use: -</p> <p>Cling film <input type="checkbox"/></p> <p>Aluminium foil <input type="checkbox"/></p> <p>Plastic bags <input type="checkbox"/></p> <p>Greaseproof paper <input type="checkbox"/></p> <p>Vacuum packing bags <input type="checkbox"/></p> <p>Cardboard boxes <input type="checkbox"/></p> <p>Plastic boxes <input type="checkbox"/></p> <p>Box inner liners <input type="checkbox"/></p>
<p><u>CROSS CONTAMINATION VIA SINKS, WASH HAND BASINS AND HANDS</u> <i>E.Coli 0157</i> may be spread via food handlers tasked with working with different foods where they do not effectively wash their hands between tasks and where care is not taken to disinfect hygienic facilities.</p>	<p>Wherever possible, food handlers should be designated to specific tasks involving raw or ready-to-eat products. By engaging in preparation/handling of such foods simultaneously there is the risk of contamination between products unless effective hand washing is carried out in-between.</p> <p>If hygienic facilities are themselves not dedicated to task or their taps kept clean and disinfected then this may also lead to bacterial transfer.</p> 	<p>Upon what methods do you rely in preventing the transfer of <i>E.Coli 0157</i> from raw foods onto ready-to-eat products?</p> <p>Use of hand washing always before handling/preparing ready-to-eat food <input type="checkbox"/></p> <p>Use of gloves with hand washing in-between each time they are changed <input type="checkbox"/></p> <p>Use of separate gloves for handling raw and ready to eat foods <input type="checkbox"/></p> <p>Food handlers dedicated to the preparation/handling of raw food <input type="checkbox"/></p> <p>Food handlers dedicated to the preparation/handling of ready-to-eat food <input type="checkbox"/></p> <p>Use of elbow (or sensor) operated taps to all wash hand basins within food areas <input type="checkbox"/></p> <p>Regular disinfection of hand operable wash hand basin taps and bowls <input type="checkbox"/></p> <p>Regular disinfection of hand operable sink taps and bowls <input type="checkbox"/></p> <p>Use of wash hand basins dedicated to raw meat preparation/handling areas only <input type="checkbox"/></p> <p>Use of wash hand basins dedicated to ready-to-eat preparation/handling areas only <input type="checkbox"/></p> <p>Use of sinks dedicated to raw meat preparation/handling areas only <input type="checkbox"/></p> <p>Use of sinks dedicated to ready-to-eat preparation/handling areas only <input type="checkbox"/></p> <p>Use of disposable paper towels to turn taps on/off between uses <input type="checkbox"/></p>

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<p><u>CROSS CONTAMINATION VIA INADEQUATE SANITATION/DISINFECTION</u> <i>E.Coli 0157</i> may be spread through the inadequate disinfection of surfaces, utensils or equipment.</p>	<p>Disinfection must be carried out in a way which is effective in destroying the <i>E.Coli 0157</i> organism. However, disinfection can only accompany separation methods as it cannot be relied upon alone completely to prevent all possible transfer of the organism within the food environment.</p> <p>Sanitisers and disinfectants must reach the BS EN Standard 1276:1997 or BS EN 13697:2001 which is sufficient if they are applied to visibly clean surfaces, and are used strictly in accordance with the manufacturer's instructions relating to proper dilution of the chemical, the effective temperature range and the necessary contact time.</p>	<p>Upon what disinfection/sanitisation methods do you rely: -</p> <p>The use of all sanitisers/disinfectants which meet the BS EN standard <input type="checkbox"/></p> <p>Making up all sanitisers/disinfectants strictly in accordance with manufacturer instructions and on a daily basis/when needed <input type="checkbox"/></p> <p>The use of hot water at 62.0°C to act as a disinfectant when in contact with surfaces, utensils or equipment <input type="checkbox"/></p> <p>The use of dish washers operating to at least 80.0°C for at least 15 seconds <input type="checkbox"/></p> <p>Only using cleaning implements that are identified to specific tasks so as to avoid cross-contamination <input type="checkbox"/></p> <p>Only using cleaning implements which have themselves been kept clean/ sanitised/ disinfected (as appropriate) before use <input type="checkbox"/></p> <p>Ensuring that food handlers 'clean as they go' in order to keep bacterial levels down <input type="checkbox"/></p> <p>The use of single-use cleaning equipment such as disposable cloths <input type="checkbox"/></p> <p>The use of a documented cleaning schedule <input type="checkbox"/> which identifies the: -</p> <ul style="list-style-type: none"> * Item(s) to be cleaned <input type="checkbox"/> * frequency of cleaning <input type="checkbox"/> * disinfectants/sanitisers to be used <input type="checkbox"/> * cleaning implements to be used <input type="checkbox"/> * cleaning method to be used <input type="checkbox"/> * standard necessary upon job completion <input type="checkbox"/> * named person responsible for the cleaning <input type="checkbox"/> * named person who checks the job as complete <input type="checkbox"/> <p>The washing of any re-useable cloths washed on a hot cycle, at 82.0°C or above, or boiled, and dried between tasks <input type="checkbox"/></p>
<p><u>CROSS CONTAMINATION VIA THE UNNECESSARY HANDLING OF FOOD</u> <i>E.Coli 0157</i> may be spread by unnecessarily handling of food.</p>	<p>By limiting hand contact with food the chances of infecting ready-to-eat food with <i>E.Coli 0157</i> is reduced.</p>	<p>What methods do you use to limit hand contact with ready-to-eat foods?</p> <p>Use tongs and other utensils to handle food <input type="checkbox"/></p> <p>Wearing dedicated disposable gloves <input type="checkbox"/></p> <p>Wearing clean clothing or disposable aprons <input type="checkbox"/></p>
<p><u>CONTAMINATION VIA PARTICULAR PRODUCTS</u> <i>E.Coli 0157</i> outbreaks have been associated with the consumption of sprouted seeds, such as alfalfa, bean sprouts and fenugreek.</p>	<p>Sprouted seeds of certain varieties have been found to contain <i>E.Coli 0157</i></p>	<p>What methods of control do you use?</p> <p>Heating food until steaming hot throughout <input type="checkbox"/></p> <p>Equipment that has been used for the production and preparation of sprouting seeds which is cleaned thoroughly after use with hot soapy water <input type="checkbox"/></p>

What to do if things go wrong

Always assume that any raw meat or unwashed vegetables are contaminated. If you think that any ready-to-eat food might have been contaminated due to not controlling the above-mentioned processes then you should immediately throw it away.
NOTE: - These controls are not exhaustive and there may be others that you need to put in to practice to control this pathogen within your business.

Safe method completed: Date _____ **Signature:** _____