



30- Hour Safety and Sanitation

This course is a 30-hour, self-paced introduction to safety and sanitation. You will gain a basic understanding of safety and sanitation principles as they relate to the food and culinary industry. You will progress by reading through a series of six content modules, you will do activities as you progress, and will be quizzed on the content at the conclusion of each module. There will be a final exam at the end of the course.

Course Objectives

- At the end of this course you will be able to:
- Discuss the importance of safety and sanitation in the food and culinary industry
- Recognize safety hazards in the kitchen
- Identify sources and prevention methods of food contamination
- Prepare safe food based on current safety and sanitation guidelines
- Understand the importance of personal hygiene to prevent cross contamination

Modules

1. Introduction to Safety and Sanitation

- Discuss the importance of safe food
- Describe safe food
- Recognize how safe food relates to media

2. Working Safe

- Explain OSHA
- Describe safe kitchen ergonomics
- Take proper steps when accidents happen
- Understand chemical safety
- Recognize different fire extinguishers
- Identify common kitchen equipment safety precautions
- Understand employee rights in food service establishments

3. Food Code

- Describe the Food Code
- Distinguish physical, chemical and biological contaminants
- Identify ways to reduce the risk of food borne illness
- Recognize common food borne illnesses
- Develop an action plan to report and resolve food borne outbreaks



4. Temperatures

- Monitor temperatures to control bacteria growth
- Recognize the temperature danger zone
- Discuss safe food storing methods
- Identify proper cooking temperatures
- Determine correct cooling and reheating procedures

5. Personal Hygiene

- Understand personal hygiene for food service
- Determine proper clothing items to wear in the kitchen
- Demonstrate correct hand washing technique
- Identify when gloves should be used and changed

6. Putting It All Together

- Safety and Sanitation takes a team with strong leadership to properly execute the best practices to lower the chance of food illness.

Price

Members: \$125

Non-Members: \$175