



## Safety and Sanitation – 8 Hour Course

You will progress by reading through a series of six content modules, completing activities as you progress and being quizzed on the content at the conclusion of each module. There will be a final exam at the end of the course. You must earn a minimum score of 70 percent on each knowledge check and the final exam to complete the course and earn 8 continuing education hours.

### 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. The Food Code

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



#### 4. Temperature

- 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

#### **Price**

Members: \$95

Non-Members: \$65