

Safe handling of food

Information from your public health department on Sections 42/43 of the German Infection Protection Act (IfSG)



Food handler training



1

WHO REQUIRES TRAINING

Persons who produce, transport or serve food, such as bakers, butchers, kitchen staff, suppliers and sellers of unpackaged food.



2

WHAT DEADLINES ARE IMPORTANT

Anyone who handles food needs to have a certificate that is no more than three months old. They must also provide evidence that their knowledge has been updated at regular intervals.



3

SENSITIVE FOODS

Pathogens can multiply particularly easily in some foods, including meat, poultry, fish, egg products, milk, ice cream, sprouts, mayonnaise, etc.



4

EXCLUSION FROM FOOD HANDLING DUTIES

You are not permitted to prepare or produce food particularly if you have a contagious disease. You must report any sickness or diarrhoea to your manager immediately.



5

HYGIENE

Hygiene plays an important role in the preparation of food and focuses on: Personal hygiene, food hygiene, workplace hygiene.



6

LEGAL ASPECTS AND CONTACT

More detailed information on food handling can be found on a leaflet available from the health department. We have also compiled a list of contact persons for you.

1 | WHO REQUIRES TRAINING



Staff in the catering trade



Educators



Bakers and confectioners



Butchers



Volunteers

2 | WHAT DEADLINES ARE IMPORTANT

- ▶ When starting work for the first time, the initial training must not be older than 3 months.
- ▶ On your first day of work, your employer must provide new training.
- ▶ Refresher training is required within 2 years.
- ▶ Training is not required for persons who received a health certificate according to the Federal Epidemics Act (Bundes-Seuchengesetz) before 2001 and can provide evidence of refresher training.

3 | SENSITIVE FOODS

The foods for which training is required include:



Milk and milk-based products



Ice cream and semi-finished ice cream products



Meat, poultry and products therefrom



Fish, crustaceans or molluscs and products therefrom



Egg products



Foods for infants and young children



Sprouts and germ buds for raw consumption as well as seeds for the production of sprouts and germ buds for raw consumption



Baked goods with uncooked or unheated fillings or toppings



Delicatessen, raw vegetable and potato salads, marinades, mayonnaise and other emulsified dressings, baker's yeasts

4 | EXCLUSION FROM FOOD HANDLING DUTIES



The German Infection Protection Act states that no one with symptoms that indicate one of the following illnesses or that have been diagnosed by a doctor may come into contact with food:

- ▶ Acute infectious gastroenteritis (sudden onset of infectious diarrhoea) triggered by salmonellae, shigella, cholera bacteria, staphylococcus, campylobacter, rotaviruses or other pathogens that cause diarrhoea
- ▶ Enterohemorrhagic Escherichia coli
- ▶ Vibrio cholerae
- ▶ Typhus or paratyphoid
- ▶ Viral hepatitis A or E (liver inflammation)
- ▶ You have infected wounds or a skin disease that may allow pathogens to be transmitted to other people via food.

The following symptoms are an indication of these illnesses:

- ▶ Diarrhoea with more than two loose stools per day, possible nausea, vomiting and fever
- ▶ A high fever with severe headaches, abdominal pains or joint aches and constipation (followed by severe diarrhoea a few days later) are signs of typhus and paratyphoid.
- ▶ Milky white diarrhoea with a loss of large amounts of fluids are typical for cholera.
- ▶ Yellowing of the skin and the whites of the eyes with a feeling of weakness and loss of appetite indicate hepatitis A or E.
- ▶ Wounds or open lesions from skin diseases may be infected if they are red, oozing, weeping or swollen.

If the symptoms above occur, food handlers should consult their GP or company doctor and state that they work with food. Food handlers are also obliged to immediately inform their superior that they cannot handle food for the duration of the illness. Violations will be prosecuted as an administrative offence or criminal offence.



Personal hygiene

- ▶ wash hands
- ▶ remove jewellery
- ▶ wear clean work clothing
- ▶ do not cough or sneeze on food
- ▶ cover small wounds with plasters
- ▶ Do not use nail varnish or gel



Food hygiene

Food that spoils quickly should be kept cool and prepared and consumed quickly.

Defrost meat at max. 7 °C and heat food thoroughly.



Workplace hygiene

The entire workstation must be kept neat and tidy.

All cloths that are used to clean kitchen equipment and appliances must be replaced quickly. Cleaning products and disinfectants must be stored separately from food.

6 | LEGAL ASPECTS AND CONTACT

This brochure provides an initial overview on safe food handling. The legal basis is the Act on the Prevention and Control of Infectious Diseases in Humans (IfSG), the full text of which can be found here:



<https://www.gesetze-im-internet.de/ifsg>

- ▶ Section 8
Staff health requirements for food handling



https://www.rki.de/DE/Content/Infekt/IfSG/Belehrungsbogen/belehrungsbogen_node.html

Information brochure of the Robert Koch Institute in other languages

Registration for online training
über den Link Ihrer Stadt/Ihres Kreises

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