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Safety Conversations

BOH Team
Daily Briefing Pack
For 5-day Events

ALWAYS FOLLOW THE SAFETY BEHAVIOURS AND BRIEF YOUR TEAMS ON THE KEY SAFETY BEHAVIOURS AS BELOW:



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Care



Share

Your health and safety and the safety of our customers, clients and partners is important to us. That is why we turn to See Care Share and our Key Safety Behaviours. These apply to you, we will all stand up for safety together as one team.

This behaviour is about positive two-way dialogue about safety. In the workplace this would be expressing safety concerns to your supervisor or manager.

COMMUNICATION



SPEAK OUT

RISK ASSESSMENT



BE MINDFUL

This behaviour focuses on the hazards in the workplace and how we control them. This is as simple as taking the time to plan how to do the job safely.

Finally this behaviour is about being proactive to help keep safety front of mind. We can do this within the workplace by sharing our safety knowledge with others.

INVOLVEMENT



GET INVOLVED

PLEASE USE THE SAFETY CONVERSATIONS ON THE FOLLOWING PAGES TO BRIEF YOUR TEAM DURING THE EVENT AND ENSURE ALL TEAM MEMBERS SIGN THE BRIEFING RECORD

**Deliver on
Day 1**

FOOD SAFETY CONVERSATION

Good Hygiene Practice No: 2 – Personal Hygiene

WHAT YOU'RE GOING TO LEARN

In this safety conversation you will understand the importance of good personal hygiene and hand washing which is an essential part of preparing, cooking and serving food

HOW IT WILL HELP YOU IN YOUR JOB

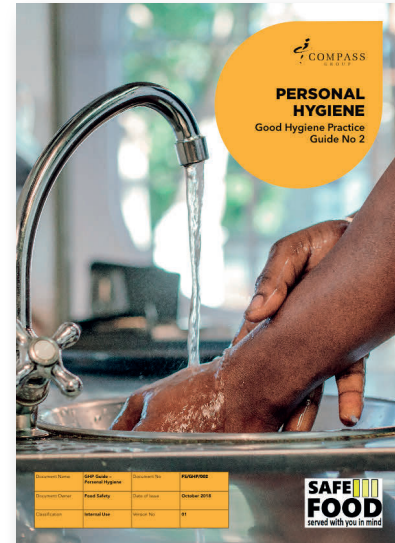
Good personal hygiene can help minimise cross contamination and ensure the food you prepare, cook and serve to your customers is safe to eat

WHAT YOU NEED TO KNOW

- Hands must be washed before handling ready to eat foods
- Hands must also be washed after visiting the toilet, handling rubbish, handling or preparing raw food, cleaning, smoking or eating.
- Effective Handwashing Technique:
 - Wet your hands with warm or cold water
 - Apply hand soap (recommended Ecolab Epicare 5c)
 - Lather and scrub hands for no less than 20 seconds
 - Rinse for 10 seconds
 - Turn off the tap using a paper towel
 - Use additional paper towel to dry hands



- Hair must be clean, neat and tidy, and kept covered if handling open food
- With the exception of plain wedding rings and plain sleeper earrings, jewelry must not be worn while preparing food
- Uniform (if provided) must be clean and not worn until arrival at work
- Wearing gloves has not been proven to be a safer method of handling food compared to the use of effective hand washing techniques as cross contamination from raw to high risk food can still occur
- Hand to mouth contact must be avoided while carrying out food handling activities and eating, drinking and smoking must be avoided while on duty
- All food handlers must report signs of illness immediately to their line manager. All food handlers suffering from symptoms of nausea, stomach cramps, vomiting or diarrhea must be excluded from work and not return until 48hr symptom free



RELATED HAZARD ANALYSIS RECORDS

- All stages

YOUR VALIDATION

1. Give examples of when hands must be washed
2. How long should hands be washed to be effective at removing bacteria
3. When should hair be covered
4. What type of jewellery is permitted
5. What time period must food handlers remain symptom free before returning to work

PUTTING WHAT YOU'VE LEARNT INTO PRACTICE

1. Always wash your hands when entering the kitchen
2. Always wash your hands before and after any food preparation

MORE INFORMATION

More information can be found within Good Hygiene Practice Guide No: 2 Personal Hygiene

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FOOD SAFETY CONVERSATION

Good Hygiene Practice No: 4 – Cross Contamination

WHAT YOU'RE GOING TO LEARN

In this safety conversation you will understand the sources of cross contamination within a kitchen and the potential actions you can take to minimise the risks to food safety

HOW IT WILL HELP YOU IN YOUR JOB

Cross contamination is one of the main ways in which food poisoning can occur. In order to look after the safety of our customers and provide safe food to eat you need to ensure that cross contamination of food is avoided

WHAT YOU NEED TO KNOW

- Cross contamination is the transfer of harmful bacteria from raw foods to ready to eat foods
- Cross contamination must be avoided at all times as the ready to eat food will not be cooked / re-heated further which would kill any harmful bacteria transferred to the food
- Cross contamination can occur from:
 - Direct contact with raw foods such as raw meat and poultry, fish and shellfish, raw fruit and vegetables.
 - Indirect contact from the transfer of bacteria via hands, clothing, knives, chopping boards, equipment, work surfaces
- You can preventing cross contamination by:
 - Checking deliveries to ensure raw & ready to eat foods are separate
 - Store raw foods separate from ready to eat foods, either in separate refrigerators or at the bottom with ready to eat foods stored above
 - Designate a separate raw food preparation area within the kitchen whereby only raw food is to be handled and prepared.
 - If separate areas are not available, ensure ready to eat foods are prepared separately and before raw foods
 - Ensure all work surfaces are thoroughly cleaned down and sanitised after the preparation of raw foods
 - Always wash your hands thoroughly after handling raw foods
 - Use separate equipment and utensils for the preparation of raw and ready to eat foods, ensuring they are cleaned and sanisisted between use,
 - Separate complex catering equipment such as mincers, slicers, blenders and vacuum pack machines must be provided and labelled for raw and ready to eat foods
 - Separate probe thermometers provided and labelled for taking cooking / hot hold temperature checks and other tasks such as delivery and storage temp checks
 - Designate a raw food preparation sink where possible for the washing of raw vegetables and fruit or thoroughly clean and sanitise a shared sink between use
- The use of colour coded equipment can help to minimise cross contamination, e.g. colour coded knives, chopping boards, cleaning cloths etc
- Ensure you are familiar with and follow any colour code systems used in your kitchen such as the one opposite



RELATED HAZARD ANALYSIS RECORDS

- Receipt
- Storage
- Preparation
- Cooking
- Food Service

YOUR VALIDATION

- Can you describe the different types of cross contamination?
- Give examples of how you would avoid cross contamination during storage?
- Give examples of how you would avoid cross contamination during food preparation?
- Can you identify the uses of the different colour coded chopping boards?

PUTTING WHAT YOU'VE LEARNT INTO PRACTICE

- Always wash your hands before and after any food preparation
- Always use separate work areas & equipment when preparing raw foods
- Wash raw fruit & veg before use

MORE INFORMATION

More information can be found within Good Hygiene Practice Guide No: 4 Cross Contamination





SAFETY

CONVERSATION

**Deliver on
Day 3**

Topic: Avoiding Burns & Scalds

WHAT YOU'RE GOING TO LEARN

In this safety conversation we will discuss the safety precautions to take when working with cooking equipment or handling hot items whilst in the kitchen. We will also discuss useful tips to avoid burn and scald injuries.

HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Understand the hazards associated with cooking equipment that cause burns and scalds
- Know the precautions that should be in place as well as what you can do to avoid injury

WHAT YOU NEED TO KNOW

Most burn and scald injuries in Compass affect the hands and arms. These happen most often when using cooking equipment, handling hot food and liquids; and when serving hot food and beverages. There are simple things you can do prevent incidents and injuries to yourself and your team.

In food preparation – Use oven gloves or cloths as required by risk assessment to protect the hands and forearms when placing items into and removing items from ovens.

- Ensure oven gloves or cloths are clean and dry. Any dampness will rapidly turn to steam on contact with a hot surface and scald you
- Assume all pots and metal handles are hot. Touch only when you are sure they are not hot or when using oven cloths or gloves
- Use long tools such as tongs and spiders to turn and to lift foods out of a deep fat fryer when not using the frying basket so that your hands do not get close to the hot oil.
- Do not allow cloths to hang down when moving pans of hot food or liquid on cooker hobs. The cloth can catch on the hob stands causing the pans to tip and spill over.
- When removing items from the steamer be aware of potential build of water on lids and cling film – tilt the item backward into the steamer to drain the excess water back into the steamer.
- Where practicable, the use of steamer shelves above eye-level should be avoided
- Do not use worn or damaged oven cloths or gloves. Report these to your manager or supervisor and get a replacement

In food service – ensure you are using the correct service utensils to avoid burns from hot lights.

- When setting up service points use trolleys to move hot food to the servery, do not attempt to catch falling hot equipment or hot food.
- Keep your long sleeves rolled down to provide added protection from hot surfaces or spillages
- If service equipment is faulty or damaged report this to your manager and remove the equipment from operation.

Hot beverage service – Ensure that lids are placed tightly onto take-away cups when serving hot drinks

- Ensure you keep your hands and arms away from steam and steam wands.



BE MINDFUL

- Take time to complete the task correctly and safely, do not rush when handling hot equipment or items
- Be aware of those working with you and what they are doing to avoid injuries to each other

SPEAK OUT

- If there are defects with equipment or utensils, stop using the item and report it to your manager
- Where you require new cloths or oven gloves for safety reasons notify your manager

GET INVOLVED

- Set the example and ensure you are always following the safe systems of work
- Encourage your team follow instructions and not to take shortcuts

YOU'RE VALIDATION

- When removing items from a steamer or combi what should we do?
- If there is a defect to equipment or PPE what should you do?

DID YOU KNOW?

Did you know that over 40% of all burns and scalds reported occurred when inserting and removing food from ovens?



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SAFETY



CONVERSATION

**Deliver on
Day 4**

Topic: Fatigue in the Workplace

WHAT YOU'RE GOING TO LEARN

In this safety conversation we will discuss how fatigue in the workplace can affect you and your safety whilst carrying out routine tasks. We will also provide some useful information on how to reduce fatigue so that it doesn't adversely affect you and those around you.

HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Understand what fatigue is and its causes
- Know what effect fatigue can have on you and your team
- Understand what you can do to reduce fatigue before it becomes an issue

WHAT YOU NEED TO KNOW

Fatigue is generally considered to be a decline in mental and/or physical performance that results from prolonged exertion, sleep loss and/or disruption of the internal clock. In this safety conversation, we are going to be focusing on mental fatigue and what affect it can have on you at work.

What causes fatigue?

This is simple: lack of sleep and poor-quality of sleep. Often, it's the reasons behind the lack of or poor-quality sleep that are more difficult to understand and resolve. If you are experiencing changes in personal circumstances or work environment this may result in a lack of or poor-quality sleep. If this continues for some time and you are not getting enough sleep, you will build up "sleep debt" which can only be rectified by a few nights of good sleep. Some of the main causes of fatigue are:

- Working when you would normally be asleep
- Sleeping when you would normally be awake
- Getting less sleep than normal or getting poor sleep
- Having no time to rest and recover from work
- Alcohol (for example, alcohol consumed in the afternoon may be twice as potent in terms of producing sleepiness as the same amount taken in the evening)
- Prescribed or over-the-counter medication may cause sleepiness
- Suffering medical sleep problems

What are the consequences of fatigue in the workplace?

Fatigue has been shown to be a performance factor in the workplace which can increase the likelihood of incidents occurring. If you are experiencing fatigue, there is a good chance it could result in:

- Slower reactions
- Reduced ability to process information
- Impaired ability to make effective judgements
- Memory lapses and lack of attention
- Underestimation of risk
- Reduced coordination and reduced communication

What can you do to reduce fatigue?

The most important thing is to ensure you are getting enough good quality sleep. If you notice some of the signs of fatigue, act quickly and get some rest. The longer you take to act the more "sleep debt" you will incur and the longer it will take you to recover. Healthy sleeping habits are vital in ensure you do not suffer fatigue. The [NHS Website](#) has some detailed advice on sleep but we have provided some quick sleep tips in this document.



FATIGUE WARNING SIGNS

- Feeling like you have lost time
- Feeling dazed
- Day dreaming
- Loss of concentration
- Poor coordination
- Easily distracted
- Blurred, dimmed vision
- Making errors during routine tasks
- Changes in mood

QUICK SLEEP TIPS

- Keep a consistent sleep schedule
- Set a bedtime that is early enough for you to get at least 7 hours of sleep
- Don't go to bed unless you are sleepy
- Establish a relaxing bedtime routine
- Make your bedroom quiet and relaxing
- Turn off electronic devices at least 30 minutes before bedtime
- Avoid consuming caffeine in the late afternoon or evening
- Avoid consuming alcohol before bed

BE MINDFUL

- If you notice the signs of fatigue be sure to act quickly and get some good quality sleep
- Follow the quick sleep tips to ensure a healthy sleep routine

SPEAK OUT

- If you believe that fatigue is affecting, you or your safety at work let your supervisor or manager know

GET INVOLVED

- Encourage your team members to look out for their own wellbeing
- If you see someone making mistakes say something to them, politely



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SAFETY CONVERSATION

**Deliver on
Day 5**

WHAT YOU'RE GOING TO LEARN

In this safety conversation you will learn how to avoid slips, trips and falls from stairs and steps. Falls from stairways can result in serious injuries, so let's take one step at a time and learn how to cut out associated risk and hazards.

HOW IT WILL HELP YOU IN YOUR JOB

Following this conversation, you will:

- Understand the importance of using the handrails provided
- Know what precautions to take when carrying items up or down stairs
- Be aware of what to do when you spot a hazard and who you should report it to
- Understand how you can help to prevent incidents when using stairs

WHAT YOU NEED TO KNOW

Handrails - The vast majority of stairway falls result from a loss of balance, but a very common contributing factor is neglecting to use handrails. These are fitted for a reason, and **you should grip the handrail when going up or down stairs**. In addition to not using the handrail when on stairs, being distracted may have nasty consequences. This often happens when people use their phone or chat to their colleagues when walking up or down stairs. Temptation to use your mobile when on stairs must be resisted, just **leave your mobile securely in your pocket or bag**. You will soon be up or down the stairs, where you can safely make your call.

Carrying Items - You should use extra caution on stairs, **don't rush or hurry!** If possible, use the lift and avoid carrying boxes or other large items on stairs. If items do need to be carried on stairs, you should **limit the load**, always keeping one hand free with which you can **grip the handrail**. You might have to make multiple trips, but you will be much safer and fitter!

Housekeeping and Maintenance - Good housekeeping is also vital to stair safety. Nothing should be sticking out from the surfaces of stairs, handrails or banisters (like nails or splinters), that could cause a fall. When you notice any spills, wet spots, or debris don't ignore them, clean them up immediately. Visibility on stairs is very important, so **when you notice any broken or malfunctioning lighting report it to your manager**, so it can get fixed.

Play your part – we should be looking out for one another, so if you see a team member not following this guidance remind them of this conversation. If you need help carrying something up or down the stairs make sure you ask for help.

Topic: Stairs & Steps



BE MINDFUL

- Do not store any materials on stairs
- Clean up the spillages or any debris immediately
- Always make use of handrails when going up and down stairs
- Do not use or talk on your mobile phone when using the stairs

SPEAK OUT

- Any disrepair or damage to stairs or handrails should be reported
- Stop any unsafe behaviours or report them to your manager
- Encourage your team members to make use of the handrails when on the stairs

GET INVOLVED

- Discuss ways on how to improve safety on stairways
- Promote safe behaviours when using stairs
- Report any defects to your manager

YOUR VALIDATION

- What should you **not** do when going up or down the stairs?
- What can we do to make sure we are safe when using the stairs?
- What should you do if you spot a hazard on the stairs?

PUTTING WHAT YOU'VE LEARNT INTO PRACTICE

Some of the incidents on stairs can be caused by inattention and unsafe behaviour. Discuss with your team:

- Give at least five examples of unsafe behaviour when using stairs.
- What would you do if you noticed someone using the stairway in an unsafe manner, such as carrying too much down a set of stairs or using their mobile phone?



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