

SmartCook project



**Co-funded by
the European Union**



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Varnsdorf**



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Health and safety rules in the kitchen

Why is hygiene in the kitchen so important?

- According to the World Health Organization (WHO), foodborne infections are among the most common diseases occurring in humans. Food of animal origin often comes into contact with pathogens at one of the stages of the processing chain, and they cause diseases.
- Although mild food poisoning is not life-threatening for most people, contaminated food can be very dangerous for some people - these include young children, the elderly, pregnant women and people with weakened immune systems.
- Fortunately, the risk of infection can be reduced. All you need to do is follow strict kitchen hygiene rules

The most important kitchen hygiene rule

1. Wash your hands often. Do this every time before handling food. Use soap to wash your hands and dry your hands with a kitchen or paper towel specially designed for this purpose. Repeat this step after each step of the cooking or food processing process and after each visit to the bathroom.
2. Don't forget to remove jewelry, rings and watches and tie up your hair to keep it from getting into your food.
3. After each activity, clean the sink, countertop and kitchen utensils with a damp cloth and dishwashing liquid, and then dry them thoroughly. Leftovers left in the sink are a food source for bacteria, so it requires frequent cleaning. We recommend using a universal agent that will give the surface a fresh, lemon scent.



The most important kitchen hygiene rule

4. Dishcloths and towels should be washed or changed frequently to prevent germs from accumulating on them. This kitchen hygiene rule also applies to all sponges and washcloths in the kitchen. Wipe off meat juices or fish blood with paper towels. Don't use a dishcloth for this
5. Wash kitchen towels and aprons regularly at a temperature of at least 60°C to kill bacteria.
6. Take out the garbage at least once every two days and wash and dry the inside of the garbage container regularly. Also remember to sort correctly.
7. Clean your floor regularly to fight germs and ensure the highest level of hygiene in your kitchen.
8. Regularly clean kitchen appliances such as the refrigerator, stove and dishwasher.

What happens after some products thawed and froze?

- Some products should not be re-frozen after being thawed.
- This is related to the development of pathogenic microorganisms, e.g. after eating ice cream that has already melted and frozen, we can become infected with salmonella again.



Occupational health and safety rules in Poland

1. Staying clean - wash your hands regularly, clean work surfaces and kitchen tools to avoid food poisoning
 2. Safe food storage - store raw products separately from prepared foods to avoid bacterial infections.
 3. Appropriate use of tools - use knives and other kitchen tools with care to avoid cuts.
 4. Cooking safety - avoid burns by using oven gloves, grabbing the pan by the handles rather than the handles, and avoiding overheating the oil.
- Following these rules will help maintain safe and hygienic conditions in the kitchen.