



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

### Latest HSE Statistics YTD 15 Dec

	2014	2015
Workplace fatalities	4	2
Non-work related fatalities	4	4
Non-accidental deaths (NADs)	13	13
Lost Time Injuries (LTIs)	55	48
All injuries (excluding first aid cases)	171	167
Motor Vehicle Incidents (MVIs)	96	75
Roll over - MVIs	28	22
Serious MVIs	31	28
Lost Time Injury Frequency (LTIF)	0	0

### Life Saving Rules Violations

#### YTD 15 Dec

Journey management	33
Speeding/GSM	7
Seatbelts	36
Overriding safety device	0
Working at heights	3
Permit	12
Confined space	0
Lock out tag out	2
Drugs and alcohol	0
Gas testing	0
Smoking	0
Suspended Load	0

### Vehicle Class A/B Defect

#### YTD 15 Dec

Class A	105
Class B	3263

### HSE TIP

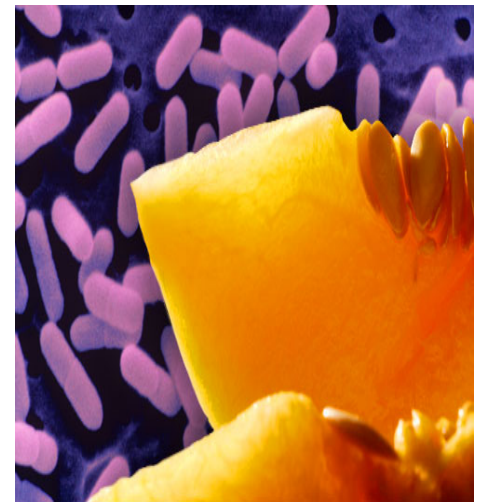
Contaminated hands can spread bacteria around your kitchen very quickly. It is vital that good standards of personal hygiene are maintained&

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## Important News



Food poisoning, also called food borne illness, is an acute illness caused by eating contaminated food. Infectious organisms such as bacteria, viruses and parasites or their toxins are the most common causes of food poisoning. These organisms can contaminate food at any point of food processing or production. Contamination can also occur at home if food is incorrectly handled or cooked. Dietary sources for food borne illness include contaminated water, unwashed vegetables and fruits, meat, poultry,



eggs, shellfish and dairy products such as milk. The main catering issues stem from poorly designed kitchens, lack of food safety management systems, poor hygiene and insufficient training of catering staff. Nevertheless, due to the ongoing efforts to improve the catering facilities, welfare and living conditions, lately we have observed tangible improvements in catering services and camp standards, coupled with a significant reduction in food poisoning outbreaks compared to the past.

## What You Need to Know

### Symptoms:

Food poisoning symptoms such as abdominal pain, nausea, vomiting or diarrhoea with or without fever usually start within hours of eating contaminated food; however, some food poisoning may begin days or even weeks later. Food poisoning illness generally lasts from a few hours to several days.

### Treatment:

Treatment for food poisoning typically depends on the source of the illness and the severity of the symptoms. For most people, the illness resolves itself without treatment within a few days, with fluid intake is the mainstay of treatment. You also need to avoid caffeine, alcohol and fatty food. Treatment with antibiotics is rarely indicated.

### Catering Responsibility:

Catering staff who suffer from diarrhoea, vomiting, nausea, abdominal cramps or fever or have infected wounds or boils must inform their supervisor and visit the clinic for advice. They must not go back to work until declared fit to work by a medical professional.



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### HSE Advice Note

Bacteria multiplies extremely fast when food is kept at unsafe temperatures between 5-63 °C (danger zone). Time is also another factor to allow bacterial growth. The main reasons for a food poisoning outbreak include:

- Untrained catering staff/food handlers
- Purchasing food from unknown or unapproved vendors
- Undercooking of food
- Food prepared too far in advance, and stored at a warm temperature
- Cooling food too slowly prior to refrigeration and not thawing frozen poultry and meat in thawing cabinets
- Cross-contamination from raw food to cooked food
- Improper food storing, such as storing hot food below 63 °C
- Infected catering staff due to lack of fitness to work certification
- Use of leftovers and improper waste and pest control.

Implementation of the right food safety practices is the most important aspect of food hygiene and when you get the practices right you should achieve food safety for all. The following are important advice for the prevention of a food poisoning outbreak:

- Ensure catering staff have been trained on Hazard Analysis Critical Control Point (HACCP) and food hygiene
- Purchase food from approved vendors and store food in a temperature below 5 °C in the fridge or freezer or above 63 °C under a bain marie. Refrigerate cooked food as soon as possible after cooking and separate raw food from cooked food
- Cook red meat and poultry to a safe temperature. Make sure the juices run clear and the internal core temperature of the meat is at least 75 °C. Avoid eating raw or lightly cooked eggs

- Throw away food that changes appearance, colour, shape and odour
- Defrost meat, poultry and fish products in thawing cabinets, refrigerators or a microwave; do not rinse frozen food under the hot or cold tap in a sink to defrost as this practice is unhygienic. Avoid re-heating or re-freezing food
- Pay attention to personal hygiene e.g. wash hands with soap and water, use of PPE etc and always use clean utensils. Wash your cutting boards with soap and hot water after each use
- Adhere to good housekeeping and sanitise your kitchen dishcloths and sponges regularly
- Clean kitchen counters, floor and surfaces that come into contact with food with hot water and detergent
- Keep pests and insects away from kitchens, stores and dining halls
- Check canned foods and food expiry dates and implement a first in, first out method.



