

Personal hygiene

[Nutrition](#), [Food Safety](#)



Personal hygiene People are a common source of pathogenic bacteria, so everyone who works with food must have the highest possible standards of personal hygiene and personal habits to avoid contaminating food. The public react to what they see: - It is always good practice to start work clean and tidy - this will give a good impression to any customers you meet; it also plays an important part in helping to protect food from contamination. It helps to have a bath or shower each day. This will remove some of the bacteria that are naturally found on hair and skin, this includes the bacteria that live on stale perspiration and cause body odour - Deodorants can help to prevent unpleasant body smells from developing after you have washed - However, you must avoid strongly scented deodorants, perfumes, aftershaves and other toiletries or cosmetics because they can taint food. - Do not wear jewellery and watches while working because bacteria can live on and under straps and rings. Most companies allow staff to wear a plain wedding ring and sleeper earrings. Ask about your company's policy.

Appropriate clothing Never wear or carry outdoor clothes into a food area because they could contaminate food or surfaces. Store outdoor clothes away from food areas, your employer should provide a separate area or locker for this purpose. Always put protective clothes on before entering a food area. Protective clothing is not meant to keep your clothes clean; they are worn to protect food from contamination and you from harm. The clothes should be suitable for the task: - Clean and in good condition - Light coloured so they will show when they are dirty. This should prompt you to change them for clean clothing - Easy to clean What you wear will depend upon the type of work you do. Typical examples are: - Overalls, jackets, trousers,

aprons. - Neck scarves, hats, hair nets, beard nets, moustache nets. - Non-slip shoes, boots, safety shoes. - Gloves, gauntlets. - Body warmers may be provided for use in cold temperatures. - A hat or head covering must cover as much of your hair as possible. If your hair is long it must be tied or clipped back so it cannot hang loose outside the head covering. Always put on your head covering first before other clothing because hair can fall onto your work clothes and then onto the food. Never brush or comb your hair in a food area. Do not wear protective clothing outside the food area, such as on your way to work, because you could cause contamination. . 2 Essential hand hygiene Even if you can avoid touching food by hand, you will still touch equipment, utensils and surfaces throughout the working day, so your hands must be scrupulously clean at all times. Wash your hands frequently throughout the day. Always wash your hands before: - Starting work - Touching raw food or high risk food - Between handling raw and cooked food - After handling raw food - Visiting the toilet - Handling raw eggs in their shell - Coughing or sneezing into your hands or handkerchief - Touching your hair or face - Carrying out cleaning jobs or touching containers of cleaning chemicals - Dealing with rubbish/waste and bins - Eating, drinking or smoking (in an area set aside for these activities) Never test food with your fingers or lick your finger tip to make it easier to pick up something. Do not wear nail varnish because it can chip off and flake into food. It also hides dirt that should be removed before handling food. Cuts and spots Cover cuts, scratches and spots with a waterproof plaster to prevent the spreading of bacteria to food and to protect the wound or spot. Use waterproof plasters that are highly coloured (usually blue) so they can be seen if they come off.

Some plasters contain a thin metal strip so they can be automatically identified by a metal detector on production lines. If you do lose a plaster into food tell your supervisor immediately. If you have a septic cut, weeping spot or boil, you must report this to your supervisor before you start work. Remember people are the main source of *Staphylococcus aureus* food poisoning bacteria.

3 Reporting illness

You must tell your employer, manager or supervisor if you have had, or are currently suffering from a food-borne illness or any illness with similar symptoms. This is because:

- You must not work with food if you have certain illnesses or symptoms because you could contaminate food
- It is a legal requirement in most countries to report certain illnesses to the health authorities. Your employer should arrange for this to be done
- You may need medical attention
- You may need a doctor's approval before you can start back to working with food

These are symptoms you must tell your employer about:

- Diarrhoea
- Vomiting
- Nausea
- Ear, eye and nose discharges
- A septic cut, wound or other skin condition that leaves an open wound or broken skin, or any other skin infection or condition

You must also report symptoms if any of your family or close personal contacts have symptoms of food-borne illness. This is because you could be a carrier and could contaminate food or other people with pathogenic bacteria without having any symptoms of illness yourself. If you have been ill with any of the symptoms listed above during a holiday abroad, you must tell your employer before starting work. Your employer will tell you what to do. If you are told to see a doctor, you must tell the doctor you are a food handler. Your doctor will decide whether any medical tests are needed. The doctor or your employer will also tell you

when you can return to work. Unhygienic habits Many unhygienic habits seem harmless until you remember how easily food poisoning bacteria are spread. Some bad habits have already been mentioned. Some more are listed below - do not be tempted to do any of these! Never: - Pick your nose, or wipe your nose on a sleeve - Cough or sneeze over food - Spit - Test food with your finger, or with a spoon that has not been washed thoroughly after each tasting - Blow or breathe on glassware or cutlery to polish them - Handle food without first washing your hands - Fail to wash your hands after going to the toilet or handling rubbish - Eat or smoke in food areas, including behind a bar. Every time you bring a cigarette or food to your mouth, you contaminate your hands with bacteria. You can then spread the bacteria to food and there is also a risk that cigarette ash or ends could get into food

Cleaning & disinfection. 1 If you were going to eat in a cafe or restaurant you would expect it to be clean, and your food cooked hygienically. A clean and tidy workplace creates a good impression as well as helping to make a safe and pleasant environment for everyone. However, it is important to remember that even though things look clean they could be contaminated.

The aim of cleaning The process of cleaning something is to make sure it is free from dirt and contamination - it involves a lot of energy. Activities include wiping, rubbing, scouring, scrubbing, brushing and sweeping and is essential if we are to keep food and the workplace safe. Cleaning aims are to: - Protect food from microbial contamination - Reduce opportunities for bacterial multiplication by removing food particles - Protect food from physical and chemical contamination. - Avoid attracting pests - Maintain a safe environment i. e. to prevent accidents, such as slipping on a wet or

greasy floor - Create a good impression for customers - Carry out legal and moral obligations to keep food safe

Detergents Detergents help to dissolve grease and remove dirt. With the use of some energy a detergent and hot water, you may kill some pathogenic bacteria but most will survive. To prevent the bacteria from causing food-borne illness, some items and equipment must be disinfected after they have been cleaned. Disinfection Disinfection can reduce bacteria to a low safe level. This can be achieved by the use of: - Very hot water 82° C or hotter - Steam - Chemical disinfectants Heat disinfection and chemical disinfection are often combined. Cleaning chemicals that reduce pathogenic micro-organisms to a safe level are called disinfectants. They destroy enough bacteria to safeguard health, even though they cannot kill all food poisoning bacteria and their spores. Degreaser must be used after cleaning because disinfectant cannot remove grease and dirt. The disinfectant must be left on the surface long enough to work properly. This is called the 'contact time'. The manufacturer's instructions should explain how long the contact time should be. Many companies use a sanitiser instead of detergent and then a disinfectant. Sanitisers combine a detergent and a disinfectant. They clean and disinfect provided there is enough contact time allowed. . 2 What to disinfect The items that you disinfect depend somewhat on their use and it is important to find out which items you need to disinfect. Surfaces that come into contact with raw or high risk foods: anything that is frequently touched by hand and other items that create a serious risk of contamination or bacterial multiplication must be cleaned and disinfected or sanitised after every use and, where relevant, between use for different foods. In general you need to

clean, disinfect or sanitise: - Food contact surfaces, including chopping boards, preparation tables, work surfaces - Food processing machinery and plant, such as slicers, mixers and mincers, also knives, tongs and other utensils including - Containers - Production belts - Hand contact surfaces, including: o Handles, doors, refrigerators, freezers, cupboards, drawers, taps, switches. - Contamination and bacterial multiplication hazards, such as: o Cloths and mops o Waste bins and their lids When to clean Items and areas where there are likely to be food poisoning bacteria, such as chopping boards and production belts, must be cleaned and disinfected frequently throughout the work period. This is commonly described as 'clean as you go' cleaning. It involves clearing and cleaning up after every task. For example, you should clean and disinfect work surfaces after handling raw meat. You are the one responsible for cleaning as you go. Some equipment and areas may be cleaned at less frequent intervals than those requiring clean as you go treatment. The interval could be daily (e. g. floors, bins), weekly (e. g. underneath a refrigerator), monthly or quarterly (e. g. high level cleaning). Your employer is responsible for working out a time table, known as a cleaning schedule that sets out when and how different items and areas should be cleaned and who should do the cleaning. The cleaning schedule should show: - The item or area to be cleaned - Frequency of cleaning required - Method, including the chemicals to be used, the protective clothing to be worn and the safety precautions to take - Staff involved, including the name of the person responsible for checking that the cleaning has been carried out effectively The cleaning schedule may include the names of cleaning contractors who carry out specialist tasks, such as moving

or dismantling machinery or using particularly hazardous chemicals or techniques. . 3 The stages of wet cleaning and disinfecting Six main stages in most wet cleaning tasks. When a sanitiser is used stages 2 to 4 are combined. 1. Pre-clean: remove loose and heavy soiling, for example, scrape plates and chopping boards, or soak pans 2. Main clean: wash with hot water and detergent (if using sanitiser the next stage after this is the final rinse) 3. Rinse: remove any traces of detergent and food particles with clean hot water 4. Disinfection: use a chemical disinfectant, ensuring you leave it on for the correct contact time 5. Final rinse: use clean hot water 6. Drying: if possible, leave items to dry naturally in the air, because the use of drying cloths can spread bacteria. If you have to use a cloth try to use disposable paper ones. Cloths made from fabric must be clean and dry They must be replaced frequently and used for one batch of drying only. Cleaning a work surface - Protect food from contamination - Remove any loose dirt - Wash surface with hot water and appropriate detergent, using a cloth or a scourer - Rinse with hot water and clean cloth - Use a chemical disinfectant following the manufacturer's instructions. Do not forget the contact time - Rinse with clean water Air dry or use a disposable paper towel Dishwashers Dishwashers provide an effective way to clean and disinfect items used in the preparation of food. Rinse cycles usually run at 82° C to 89° C. Always follow manufacturer's instructions, making sure the machine is stacked without blocking the cleaning jets and is filled with the right amount of the correct chemicals. Washing by hand Many food activities involve washing some items by hand: - Wherever possible use two sinks side-by-side - Wear rubber gloves to protect your hands from the hot water and chemicals - Remove

particles of food, scrape and rinse if necessary - Wash the items, ideally in the first sink, with hot water (at about 55°C) and detergent using a cloth or a brush. Replace the water if it becomes cool or greasy - Rinse in very hot water 82° C is ideal, use a second sink if possible. Leave the items to soak for 30 seconds - If possible, use a purpose designed basket to lower and lift the items out of the water - Dry the items, preferably by leaving them to air dry, in a clean, dry area safe from contamination . 4 Simple safe precautions

- Before you start cleaning, make sure that food is safely stored out of the way and cannot be contaminated. If you are cleaning a refrigerator, cold room or freezer, ensure that the food is kept at a safe temperature outside the danger zone - Switch off and isolate electrical equipment, such as slicers, refrigerators, vending machines, processing machines and production belts with dry hands before you start to clean - Ensure that you know how to use a cleaning chemical safely and always follow the manufacturer's instructions. Wear protective clothing, such as rubber gloves and goggles, appropriate to the job. If you are in any doubt about the safe use of chemicals, ask your supervisor for advice before you start work - Use only the chemicals approved by your employer for the task and never mix chemicals together; they could explode, cause toxic fumes or could burn someone's skin - Work through the stages of cleaning in a way that does not spread dust or dirt - Avoid being distracted in a way that puts you, other people or food at risk - Clean and disinfect mops and cloths soon after use and leave them to dry in the air. Do not leave them to soak in disinfectant for longer than the manufacturers recommended contact time because bacteria may become resistant to the chemicals - Always store chemicals, cleaning equipment and

protective equipment away from food. Only store chemicals in the original labelled containers designed for that purpose - Always wash your hands before starting another task

Rubbish disposal

Food waste and other rubbish, such as food packaging, can be a source of bacterial and physical contamination and can attract pests if not disposed of properly. - There needs to be two types of bins at food premises: inside bins near food preparation areas and large bins in special refuse areas outside - The inside bins need to be within the food handler's easy reach. However, they must not be so close to food as to create a risk of contamination - A bin or bin stand indoors should have a well fitting lid and be lined with a disposable polythene sack. Foot operated bins are best as you do not have to touch any part of the bin by hand - Always leave bin lids closed, unless you are throwing something away - A bin in constant use, such as one used for the waste from plates before they go into the dishwasher, may be used without a lid provided that it is emptied as soon as the task is finished - Remove rubbish throughout the day as soon as each bag becomes full. Tie the bag securely and take it outside. Put it into a dustbin with a tight fitting lid or into a waste skip with a lid - Never let a bin overflow nor leave rubbish inside food premises overnight, it will attract pests - Keep bins their lids and areas around them clean and tidy at all times. Always empty and clean bins and their lids at the end of the work period - Always wash your hands after dealing with refuse and waste food

Refuse areas

Keep bins and refuse areas clean. Always put the rubbish bags in the bins, making sure that the bin lids are on securely to protect the rubbish from scavengers such as cats, dogs, foxes and birds. Tell your employer if refuse bins become full, you may need

additional bins or extra collections. Food pests. 1 Pests are attracted to places where food is stored, prepared, sold, served or thrown away or to places where there is warmth and shelter. They can enter buildings through open windows and doors or through the tiniest cracks in walls and around windows and pipes. Food pests A food pest is any creature that lives on, or in human food, causing damage or contamination or both. Pests are a source of food contamination. The main ones are: - Insects: such as flies, moths, ants, cockroaches and wasps - Stored product pests: such as beetles, mites and weevils - Rodents: rats and mice - Birds: mainly feral pigeons, sparrows, starlings and seagulls It is important to remember that food premises are attractive to pests because they contain everything most pests need to survive, such as: - Food in storage, under preparation or as waste - Moisture as condensation from cooking activities, from dripping taps or from stored liquids - Warmth from heating systems or from processing activities - Shelter for sleeping or nesting in any undisturbed areas, such as under a refrigerator that has not been regularly moved for cleaning or the back of a store that has not been checked often enough Pets Dogs, cats, hamsters and other pets can contaminate food if they are allowed into food areas. There have been cases of food poisoning where someone has contaminated food after handling pets. Unhealthy habits Many pests inhabit unhealthy places where they pick up pathogenic bacteria on their bodies and legs. For example, rats live in sewers, while flies live on food found on rubbish tips, dustbins, drains and animal droppings. Some pests also have pathogenic bacteria living inside their bodies. These can be spread to food from their droppings or through their saliva as they eat. As well as spreading food poisoning

bacteria, pests can spread food-borne diseases such as dysentery and other illness such as Weil's disease (from water contaminated by rat urine). Pests also cause physical contamination with their droppings, eggs, fur, nesting material, mites, parasites and their own dead bodies. Problems from pest infestations: - Damage to the business' reputation and profit - Food contamination and wastage - Damage to buildings, equipment and electrical cables, causing fire and other safety hazards - Non-compliance with the law - The spread of diseases, including food poisoning and food-borne disease . 2 Preventing problems Effective pest control involves protecting premises so that pests cannot gain access. This is known as proofing. Protecting food from contamination and taking swift, safe action to deal with any infestation that occurs despite your precautions. Your employer has the responsibility for ensuring that your workplace is designed and equipped to keep pests out. You can play an important part in preventing problems by: - Keeping food covered at all times - Storing food off the floor in suitable containers - Never leaving food outside - Check deliveries carefully. Some pests have entered food premises in packaging, vegetables, fruit, cereals and grain - Checking stored goods regularly and rotating stock - Reporting any signs of damage i. e. (torn, pierced or gnawed) packaging - Storing food waste in bins with securely fitting lids - Maintaining a clean workplace paying special attention to food preparation areas, stores, drains, gullies and bin areas and cleaning as you go, ensuring that you clean up any spilled food immediately - Keeping door and window screens closed - Telling your supervisor if you see any holes in brickwork or around windows, doors, pipes or any evidence of a problem Preventing food pests entering is always best, but we know this is

not easy. Therefore it is essential to keep a look out for signs of pests. Do this regularly and particularly during stock rotation, cleaning and dealing with refuse. Report any sighting or signs of pests to your supervisor. The main signs are: - Dead bodies mainly insects, rodents and birds - Droppings - Unusual smells - Scratching pecking or gnawing sounds - Gnawed pipes, cables and fittings - Torn or damaged sacks or packaging, sometimes surrounded by spilled food - Eggs, larvae, pupae, feathers, fur, nesting material - Paw or claw prints - Smears and rat runs (rodents) . 3 Dealing with an infestation It can be dangerous to attempt to deal with a pest infestation unless you have been trained and given the authority to do so. Most companies use a competent specialist contractor to kill pests. For your own safety and that of others, it is essential not to touch or interfere with anything designed to eliminate pests. Most infestations may be tackled using: - Bait and baited traps - Poisons, pesticides and insecticides - Electric ultraviolet fly killers Refuse Dustbins should be stored clear of the ground, for example on brick piers or tubular racking, this makes cleaning and removal of spillage much easier. All bins should be capable of being cleaned and have a suitable tight fitting lid to prevent rodents, insects and birds gaining access. The refuse area should have a good concrete base and drain to enable staff to hose this area down. The refuse area should be covered to protect waste from the sun and rain. The bins and surrounding areas should be washed down each time the bins are emptied. Vermin, rats and mice The most common rat in the UK is the brown rat (*Rattus norvegicus*). This rat has blunt snout, small ears, tail is shorter than the head and body, large feet, weight 100 to 150g and is coloured brown on back with grey belly. The

house mouse likes to find a place with warmth, food, water and nesting materials. A pair of mice given the right conditions can produce 2, 000 young in a year. Cockroaches Only two types of cockroaches are common in the UK: the Oriental cockroach and the German cockroach. Cockroaches are nocturnal insects and give off an unpleasant characteristic odour. During the day they hide in cracks, pipes, ducts, electric motors, behind skirting boards or any where there is a crevice. Their presence is usually detected by faecal pellets or their smell. Over 40 pathogenic organisms have been found on cockroaches. Flies The order Diptera contains approximately 78, 000 species; the ones we are concerned about are Common house fly, Lesser house fly, Bluebottle, Greenbottle and Fruit fly. Flies infect food in four ways:

- To feed they regurgitate enzymes and partly digested food from the previous meal.
- They continually defecate.
- They carry bacteria on their hairs on their bodies, legs and pupal cases
- Eggs and dead bodies end up in our food

The danger from flies must not be underestimated; flies have allegedly been involved in the transmission of many pathogens including Shigella and food poisoning organisms. Premises & equipment The design of food premises, equipment and operations ensures that food stays safe. You as a food handler play a critical role in food safety by following company rules about access to different parts of the building and processes and also by looking after food areas, utensils and equipment. This part of the course looks at the main requirements for food premises and equipment. Is the building suitable for its use? All food premises must be suitable for the type of food involved and the preparation and processes being carried out. There are lots of different types of designs, but there are some important principles

and these are that the design of food premises must: - Prevent contamination, such as allowing for a safe working environment with ample room for the separation of raw and cooked foods and the separation of clean and dirty activities - Provide good safe waste disposal areas - Ensure that staff have adequate facilities for thorough cleaning - Provide facilities for personal hygiene - Prevent pest infestation by proofing the building, installing door and window screens, have a pest control schedule - Provide means for staff to control the temperature of food, including: providing adequate ventilation to stores, food preparation rooms, refrigerators and freezers - Provide chilling equipment that is out of direct sunlight

What form of construction? The most suitable materials for the structure of food premises are: - Durable - Impervious - Smooth - Light coloured, so that dirt can be seen and easily cleaned - Easy to clean - Heat resistant - Health and safety of all members of staff must be a main consideration in the design of the premises i. e. non-slip floors, fire proof materials where appropriate etc. - Wall and ceiling surfaces must be smooth, without joints or cracks which could harbour bacteria or pests - Wall ceilings and floors should be grease resistant to prevent contamination - Coving between floors and walls makes cleaning much easier and prevents food and insects from lying undetected - Doors and windows should have fly screens or strip curtains to reduce the risk of contamination - Woodwork must be smooth and sealed, with no flaking paint - Work surfaces should be smooth without joints or cracks and heat resistant where appropriate .

2 Utensils and equipment materials The best materials for food equipment and utensils are: - Durable - Smooth and resistant to chipping or cracking - Easy to clean - Impervious - Non-toxic -

Rust resistant - Tableware should have no chips or cracks that could harbour bacteria - Colour coded equipment and utensils are best as mentioned earlier in the course Plant and equipment Processing machinery should be designed to provide easy access for cleaning and maintenance. Large cookers, fridges and freezers should be mobile so they can be cleaned underneath. There should be enough refrigerator space to store raw and cooked food separately. If there is not enough fridge space to store food separately extra care must be taken to store food safely. All food machinery must be well maintained so as not to cause physical contamination. Services and facilities To ensure food safety in your establishment your employer must provide, good lighting and ventilation, hot water, toilets and basins for staff use. Basins for hand washing must be provided in the toilet area and at least one wash hand basin in food preparation areas. These wash hand basins must not be near any washing up sink or sink for washing food. All wash basins should have hot and cold running water. Ideally with foot-operated or wrist operated taps to prevent cross-contamination. They should also have suitable washing materials such as liquid soap and drying materials such as disposable paper towels or automatic linen towels. Never wash your hands in a washing up sink or attempt to wash food or utensils in a wash hand basin, as this could spread bacteria. Your employer should supply a well stocked first aid box within easy reach and instruct staff on where the box is situated. Work flow There must be a well planned route for food and food handlers through the food preparation areas. This will safeguard food from the moment it arrives until it is ready to be sold. Effective work flow includes keeping raw and cooked foods in separate areas and keeping clean and dirty

areas as far apart as possible. Food safety control The laws relating to food safety are designed to protect consumers from illness and harm, and to help food businesses to comply with the law. There are international recognised systems for assessing food hazards, for introducing appropriate controls and for monitoring and maintaining standards. These standards are referred to as codes of practice, for the various sectors of the food industry, as well as the rules that apply in your own work place. The law relating to food handlers

Every person that deals with food as part of his or her work has a legal responsibility to safeguard food. Other people whose work could affect food such as cleaners, also have a legal responsibility to protect food from contamination. The extent of your legal responsibilities depends on the type of work activities and your role within the company where you work. Ask your employer how the legislation affects you. The food safety laws of most countries generally say that food handlers must:

- Keep themselves clean
- Keep their workplace clean
- Wear suitable clean, easily washable protective clothing
- Do everything possible to protect food from contamination
- Store, prepare and display food at safe temperatures
- Inform their employer if they have symptoms of a food-borne illness or certain other illnesses or conditions

The laws also usually say food handlers must not:

- Do anything that would expose food to contamination.
- Sell food that is unfit for human consumption.
- Work with food if they have food poisoning or similar symptoms until their employer or doctor says it is safe to do so.
- Sell food with an expired date mark.

Employers and the law Proprietors, owners and employers and anyone who is in charge of food premises have wider ranging legal responsibilities than food handlers. Included in their responsibilities are

ensuring that: - The premises are registered with the local enforcement authority - The premises are designed, equipped and operated in ways which prevent contamination and anything that could lead to illness or injury - There are adequate washing facilities and arrangements for personal hygiene - Staff are trained and supervised to work hygienically - Food hazards are assessed and action taken to stop or reduce risks to food safety, this is known as hazard analysis .

2 Hazard analysis

Proprietors of food businesses in many countries are legally required to carry out a hazard analysis of their food activities. This must be done by looking at every stage in the handling of food in the business and deciding at which point there could be a risk to food safety. Various measures must then be taken to control the hazards that have been identified. Such control measures could include checking and recording the temperatures of refrigerators and taking prompt remedial action if there is an abnormal reading. The proprietor must keep the controls under constant review and must carry out a new analysis if there is a change in the business, such as using different ingredients, products or processes. H. A. C. C. P stands for Hazard Analysis Critical Control Point. This is now a well established system of hazard analysis which helps food businesses to ensure that every process that may involve a risk to food safety is being controlled and detailed records must be kept. H. A. C. C. P follows the principal of: - Assessing the potential food safety hazards in the work activities - Identifying the points where hazards occur and deciding which are critical for food safety, these are known as 'critical control points' - Implementing appropriate controls for eliminating or reducing hazards - Using a monitoring system to ensure the controls are effective, checking that

safety measures used are working properly - Establishing procedures to correct any problems - Reviewing the system from time to time and whenever operations change - Documenting the hazard analysis Food safety control and you Hazard analysis may be carried out by specialists, managers, supervisors or teams of people set up from throughout the business. You could be involved in some of the actions that play an essential part in hazard analysis, such as keeping accurate records of temperatures. Whatever your job involves, you will play an important part in food safety control by: - Following the rules at your workplace - Protecting food from contamination - Following the basic rules of temperature control - Looking out for any food hazards. - Reporting faults, problems or possible food hazards to your manager . 3 Enforcement of food legislation Most countries have food inspectors who are very helpful in giving advice and assistance to food businesses, as well as ensuring that food companies obey the law. In Britain the inspectors are usually environmental health officers (EHOs). Inspectors and EHOs usually have the power to: - Enter the food premises - Inspect the premises and investigate any possible offences - Take away suspect food and have it condemned if it is unsafe - Take companies to court for breaking food safety laws Food handlers should co-operate with food inspectors and environmental health officers and it may be an offense to obstruct their inquiries. Food safety law penalties Breaking the food safety law can result in: - A fine - A prison sentence - Closure of the business - A criminal record - The business paying civil compensation to customers affected by unsafe food