

Safety is always important to everyones health essay

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PP102647Campus: PenangWord Count: QUESTION 1Safety is always important to everyone, and sometimes food can even bring sickness to humans, especially viruses. Germs, bacteria and other viruses can be spread easily with just a touch, travel through the air and even by food, and other kinds of germs can travel into human's body through cuts or scrapes. It can live in some spots that are unexpected and it can only be seen using microscope. Viruses are harmful to human's body as it injects DNA into human's body cells for reproduction, it can harm people in a lot of different ways, depending on the specimen. It is important to keep viruses out and prevent other people from getting it to prevent something bad that will harm humans' bodies. For restaurants or anywhere that provides food must be aware of the cleanliness, especially the environment. There are ways to keep food and human's body keep out of bacteria infecting. In order to keep food safe, there are many things that are needed to be aware of to prevent accidents occurs. First of all is the environment, everyone must not only keep the kitchen clean but also any other places as viruses could be spread to anywhere. The cleanliness of a place will attract mice, cockroaches, flies

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and many others, and these creatures are filled with viruses on its' body, viruses can be left behind. For example, flies fly in and out every day, it touches garbage, shits and dead things, what happen if it touches the food that a person will be eating? This situation might lead to food infection. Viruses will not disappear on its' own, so if the viruses are spread, bad things might happen. To keep places clean, everyone must make sure all the surfaces and equipment that is in contact with food are cleaned, clean everything properly do avoid leaving stain on it. For those who works are working in a restaurant, chefs/ waiter and waitress have to wear net or a safety cap to forbid hair or dandruff from falling. Manage the garbage when it's full, and try keeping it dry, if garbage are left long, it will smell and will attract insects and other living things that loves being in a dirty place. Never eat food that drop on the floor or table. Besides that, pets may also spread viruses even if it had been bathed. Whenever a person is preparing to cook, checks whether the equipment is clean to be used, never ever mix food that are different. For example, it is wrong to cut vegetables after cutting raw meats, and it is not right to use the same knife or chopping board without washing, germs can be spread from a food to another food. Everyone must also take care of own cleanliness, as mentioned before, germs can be spread by just touching anything. To prevent viruses to spread to the foods, some considerations must be made. People must make sure that their hands are clean, one must wash hands and nails thoroughly with water and soap, then dry it. Use bandage when there are cuts and cover infections, but remember to change the bandage regularly. Make this a habit by covering mouth or nose whenever sneezing or coughing as the germs will fall on foods, and

wash hands and face after sneezing or coughing to prevent germs left on it. If possible, it is better to not handling food when a person is sick. Moreover, uncooked food and cooked food and food that can be eaten raw have to be kept separated, and wash fruits and vegetables to be eaten raw before putting it in the mouth, use clean water; to make sure the water is safe to use, one can boil the water for 10 to 15 minutes. Furthermore, keep food at safe temperature, bacteria starts entering into the foods after it is prepared. Every matter needed to be taught since young, parents should teach children the ways to keep food clean and safe to be eaten, because little kids have no knowledge about these, children must be taught the proper way to wash hands. Nowadays, primary school children are taught about all these, that is a great way to start it, children must also know why it is important to know about safety and hygiene. All those hawkers that are selling food outside must make sure the food is clean for customers; try using plastic wrap or something to cover the foods to avoid flies and dusts going in to the food as a lot of hawkers are not concern about this, this will affect the customer's health. It is better to pack the foods before putting it out to be sold, and never use fingers to grab or touch the foods, try using a spoon or other utensils to grab the food to serve to customers. Lastly, don't eat anything that is expired. Every package of the food have listed the expiry date, check it before buying to prevent wasting or eaten without knowing. Every place have washroom, some companies have a dining room for staffs to take a tea break or eat. Rules are needed to be set, so that all the staffs will keep the place clean to avoid germs getting into foods, in that way everyone will maintain a healthy life. Signs like ' flush after use' can be stick

on the wall inside the washroom, as some people do things without conscience. Providing hand sanitizer in the washroom would be very convenient for all people, and it is also cleaner to wash hands with soap or hand sanitizer. Keep the surrounding of the sinks dry and clean. In the dining area, make sure everything is back in place after taking and put them in the proper place. A refrigerator might be useful as some food needed to be kept cold such as contents milk. Keeping everything safe and clean is everyone's responsibility; one must not be only thinking about own self and not care about the others. Guide people if that person does not know how to keep foods safe to eat, other people's safety is also part of own responsibilities. Protect own self and the others, sickness bring death if things went bad. To maintain a healthy life, bear in mind of all the things to follow to prevent illness. QUESTION 2 Foods are what people need every day to get rid of hunger, if people don't eat; the body could not pump the heart and will affect breathing and all other essential parts. People who doesn't eat less will have not much strength to move such as walking, running and others, one might even not be able to lift up things because the body has no fuel to make legs move. Human's body requires a range of chemicals that keep certain organs live and to maintain the correct in the body, the chemicals are get from the food human eats, that is the reason of why some people have organ problems if one does not eat properly. As foods are what people are in contact with every day, it is important to make sure the food that gets into human's body are safe, so that people can prevent getting illness. That is why Hazard analysis and critical control points (HACCP) are established. HACCP is a management system that addresses food safety through the

analysis and control of chemical, biological and also physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of finished products. Scientific authorities and international organizations had recognized HACCP widely as the most effective approach available as for producing safe foods. These measures will prevent unsafe food to be sent to consumer. HACCP are able to be applied throughout the food chain from primary production until the final consumption and its implementation should be guided by scientific evidence of risks to humans' health. The implementation of HACCP is able to provide other significant benefits as well as enhancing the food safety. Moreover, inspection by regulatory authorities can be aided by the application of HACCP systems and promote international trade by enhancing the confidence in food safety. Successful application of HACCP requires full commitment and also involvement of management and the work force. Besides that, it requires a multidisciplinary approach as well, and it should be included, when appropriate, medicine, public health, environmental health, chemistry and engineering, veterinary health, production, microbiology, accordingly to the unusual studies. The application of HACCP is consistent with its implementation of quality management systems like ISO 9000 series; it is the system of choice in the management of food safety within such systems. The food safety's theory is based on desires to keep food safe from any kind of contamination. The Microbial contamination is one of the most important as bacteria that reach the food supply are of public health significance. The HACCP's principles applies to all phases of food production, which includes basic agriculture, food preparation and handling, food

processing, food service, distribution systems and the ways consumers handle and use. There are seven principles of HACCP systems which are: Conducting a hazard analysis, plans determine the food safety hazards and identify the measures that can be prevented that the plan may apply to control the hazards. Identifying Critical Control Points (CCP), a point, step or procedure in a food manufacturing which control can be applied and as a result, a food hazard can be prevented or reduced to a level that can be accepted.

Establishing critical limits, a level of value which a physical, biological or chemical hazard that needs to be controlled at a critical control point to eliminate or prevent to an acceptable level. Establishing monitoring procedures, monitor the activities necessary to make sure that the process is controlled at each critical control point. Establishing corrective actions, an action to be conducted when monitoring indicates a deviation from an established critical limit as the final rule requires a plant's HACCP plans to identify the right actions to be taken if a critical limit is not met, to confirm that no product injurious to health or else adulterated as a result of the deviation enters commerce. Establishing verification procedures, validation confirms that the plant does what it was designed to do; which are ensuring the production of a safe product, it will be required to validate the own HACCP plans. Verification makes sure HACCP plan is sufficient, which is working as intended. It may include activities as review of the HACCP plans. Establishing record keeping and documentation procedures, all plants maintain certain documents that include its hazard analysis and written HACCP plan are required by the HACCP regulation, and the records documenting the monitoring of critical control points, critical limits,

verification activities and the way of handling of processing deviations. A risk analysis in food safety is necessary to produce or manufacture the highest quality goods and products to confirm the safety and protect, and also to comply with international and national standards and market regulations. With food safety risk analysis systems can be strengthened and reduce food-borne illnesses. Risk analysis is a process of consisting the three components which are risk management, risk assessment and risk communication. The objectives for risk management is the process, distinct from risk assessment of weighing policy alternatives, in consultation with all the interested parties, consider the risk assessment and other factors correspond for the health protection of consumers and also for the promotion of fair trade practices. Select appropriate prevention and control options if it is needed. Risk assessment is defined for the objectives of the Codex Alimentarius Commission as a scientifically based on the process which consist of the four steps which are hazards identification, hazard characterization, exposure assessment and risk characterization. Hazard identification is the identification of biological, chemical and physical agents that are able to adverse health effects and that may be present in a particular food. Hazard characterization is the qualitative or quantitative evaluation of the nature of the adverse health effects that is associated with biological, chemical and physical agents, a dose response assessment should be performed when the data can be obtained. Exposure assessment is the qualitative or quantitative evaluation of the likely intake of biological, chemical and also physical agents through food as well as exposures from other sources if corresponding. Lastly, risk characterization is the qualitative or quantitative

computation which includes attendant uncertainties, the probability of happening and severity of known or potential adverse health effects in a given population that is based on the hazard identification, hazard characterization and exposure assessment. Risk communication had been defined for the objectives of the Codex Alimentarius Commission as an interactive exchange of information and opinions throughout the risk analysis process that concerns hazards and risks. Food safety should be strictly managed as it is regarding to human's life. If people don't take concern about it, illnesses will increase every year.