

Food Safety

You are part of it!
Healthier, fitter, safer.



Food

provides us with energy and keeps us healthy, but it can also make us sick.

To keep ourselves healthily, we should apply basic food safety and hygiene rules.



Attention to food and food handling is every seafarers' responsibility. Eat healthily and handle food safely. Negligence may have serious consequences, but with some care, problems may be prevented...

Receiving provisions

Nowadays production, processing, distribution and storage of food is subject to strict rules and control mechanisms. Most provisions arrive alongside in good condition. However quality has to be checked, especially of fresh food (meat, fish, vegetables, fruit, eggs and dairy products) Everybody may be involved in bringing the provisions onboard.



- **Check the goods in the truck or alongside the ship, it is often too late once they are loaded onboard.**
- **All goods must be traceable ! Original supplier, dates, conditions etc..., if not trusted refuse it !**
- **Do not accept goods : if the temperature is not correct, if the expiry date is too close to consumption, or if packages are open, deformed or damaged.**
- **Stow everything safely, so it can't fall or break when the weather is bad.**
- **Use the F.I.F.O. principle for storing, (First In = First Out).**
- **Never put food on the deck, but on gratings !**

Respect the cold chain

- **UNLOAD and STORE frozen and chilled products first.**

Cold rooms

- Temperature should be between 2 - 8° Celsius ! Reduce humidity !
- Keep the door closed, do not stay long in the room !
- Cold stores above 7°C should be refused.
- Keep apples, pears, grapefruit, oranges etc. in a box that permits evaporation, and remove spoiled ones immediately.
- Check vegetables and remove spoiled leaves immediately.

Deep-freezers

- If food is showing signs of ice formation, then refuse the goods !
- Wrap frozen goods to prevent freezer burn !
- The freezer should always operate at -18°Celsius or below.

Safety points

Safety points :

- **Make sure the load is within your lifting capacity !**
- **Bend your knees and keep your back straight !**
- **Keep your arms close to your body !**
- **Carry the load close to your body !**
- **Always wear safety gloves, safety shoes and winter-clothes when entering a freezer !**





In the Galley

- **Avoid contact between raw food and cooked or ready to eat food.**
- **To prevent cross contamination, do not prepare cooked food on surfaces or with equipment which have previously been used for raw meat, raw fish and vegetables.**
- **Clean the galley regularly, and clean and disinfect equipment, knives, boards and counters regularly to reduce the risk of cross contamination.**
- **Do not use towels or aprons for long. Replace and clean them frequently or use disposables !**
- **Make sure food handlers' clothes are clean, pay special attention to hair, hands and nail hygiene ! Do not wear jewellery ! Report gastro-enteritis !**

Wash hands !



With soap and hot running water and dry them with a single-use towel or air dryer:

- Before eating !
- Before handling food !
- After handling raw food and eggs !
- After using the toilet !
- After blowing your nose !

Water !

- There is no guarantee that water onboard a ship is fresh and safe to use.
- Water has to be properly maintained to minimise health risks (contamination, micro-organisms), etc.
- Pay attention to taps at dead ends or taps that are infrequently used.
Flush thoroughly and regularly. Control the source of the water and the use of hoses !

Buffets

- Do NOT expose high risk food longer than two hours at temperatures in the danger-zone: 5°C - 63°C !
- Put leftovers in the fridge as soon as possible and consume the leftovers the next day !
- Keep hot dishes hot on the buffet !
- Do not add fresh food to dishes that have already been exposed for two hours at room temperatures !
- Keep cold dishes in the fridge until just before opening the buffet, and place them on crushed ice to help maintain the same temperature.

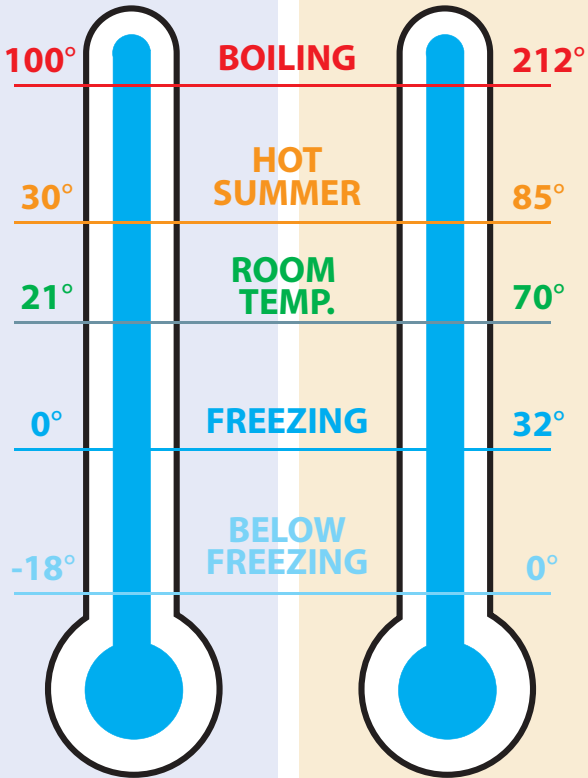


**If you have any concerns about food safety, report it !
It is in the interest of all that food onboard
is handled safely !**



CELSIUS

FAHRENHEIT



Ensure food safety !

Boiling point for sterilising equipment / utensils.

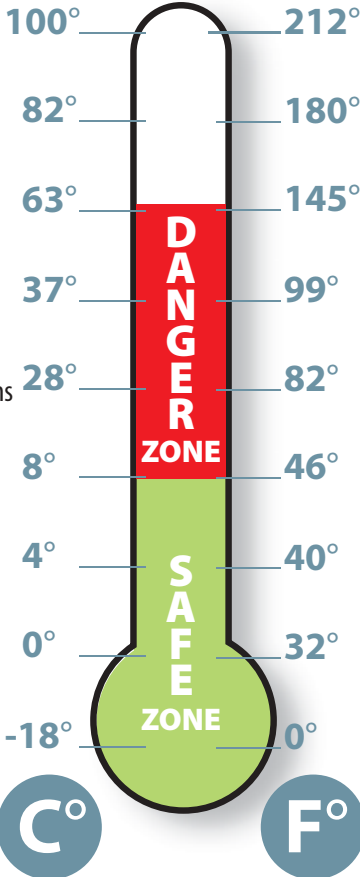
Final rinse temperature for dishwashers (82° - 88°)

Temperature for hot holding keep food warm once cooked.

Do not leave raw or cooked items at room temperature as bacteria and micro organisms rapidly multiply.

Fridges - set air temperature at 8° or below for chilled food.

Freezer temperature or below



Contact SeafarerHelp by SMS / Skype / Live chat

SMS: +44 (0)762 481 8405

Skype: info-seafarerhelp.org

Live chat: www.seafarerhelp.org

For countries where there is no freephone:

Call collect on +44 (0) 207 323 2737

Alternatively ask us to call you straight back.

Email SeafarerHelp:

help@seafarerhelp.org



If you would like more information and materials, go to www.seafarershealth.org where you can download guidelines, posters and leaflets on other health topics for seafarers: Food Safety, Fit on board, Safe Travel, Healthy Food, Malaria, Overweight and HIV/AIDS.

Find us on:



International Seafarers' Welfare and Assistance Network

10th Floor, Cygnet House,
12-14 Sydenham Road
Croydon, CR0 2EE,
United Kingdom

E iswan@iswan.org.uk

W www.seafarershealth.org

