



A SIMPLE GUIDE TO LEVEL 1 FOOD SAFETY ESSENTIALS

This enhanced guide provides essential Level 1 Food Safety knowledge for staff working with low-risk, pre-packaged foods or in support roles. It outlines the fundamental principles required to maintain a safe, hygienic working environment.

1. FOOD SAFETY – BASIC AWARENESS

(For staff who handle low-risk pre-packaged foods or support roles.)

1. Personal Hygiene

- ✓ Wash hands regularly (20 seconds, warm water + soap)
- ✓ Tie back long hair
- ✓ Wear clean clothing & aprons
- ✓ No jewellery except plain band rings
- ✓ Cover cuts with blue waterproof plasters

2. Workplace Hygiene

- ✓ Keep surfaces clean and sanitised
- ✓ Dispose of waste correctly
- ✓ Keep raw and ready-to-eat foods separate
- ✓ Avoid touching food unnecessarily
- ✓ Only eat/drink in designated areas

3. Food Contamination Basics

Know the 3 main contamination types:

- **Physical:** hair, glass, wood, plastic
- **Chemical:** cleaning products & sprays
- **Biological:** bacteria, viruses, mould

Prevent contamination by keeping areas clean, storing food correctly, and washing hands.

4. Temperature Awareness

- ✓ Keep chilled foods **below 8°C** (recommended **5°C or below**)
- ✓ Keep frozen foods **below -18°C**
- ✓ Understand “Danger Zone” (**8°C–63°C**)
- ✓ Keep hot food **above 63°C**

5. Reporting Issues

- ✓ Report illness (vomiting, diarrhoea) immediately
- ✓ Do not handle food for **48 hours after symptoms**
- ✓ Report equipment faults, pest sightings, or contamination risks

Key rules:

- Keep food out of the danger zone
- Prevent cross-contamination
- Follow allergen procedures
- Maintain excellent personal hygiene
- Clean as you go
- Report issues immediately

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