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# SAFETY NEWSLETTER

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## Good Hygienic Practices

- Don't eat or smoke in the kitchen
- Use gloves, utensils, or deli tissue
- Cover mouth when sneezing (wash hands)
- Bandage cuts and sores
- Keep hands away from face & body
- Trim nails
- Remove jewelry and nail polish (plain wedding band allowed)
- Restrain hair
- Bathe and shower daily
- Keep aprons and clothing clean
- No animals in the kitchen area



24

**Inside this issue:**

**Good Hygienic Practices** 1

**Wash Your Hands** 1

**Preventing Slips and Falls** 2

**5 Keys to Safe Food** 3

## Wash Your Hands!



**Easy  
Dos and Don'ts**

## For Teen Workers - Preventing Slips, Trips, and Falls -

### Do:

- ✓ Wear sturdy shoes with slip-resistant soles and low heels. Lace and tightly tie shoes.
- ✓ Clean up spills immediately. Spot mop only during rush periods.
- ✓ Place caution signs when mopping or when floors are wet.
- ✓ Use any non-slip matting provided for floors and keep mats clean and in place.
- ✓ Eliminate cluttered or obstructed work areas.
- ✓ Report to your supervisor any blind corners, problem floor surfaces, or hazardous areas.

### Don't:

- ✗ Move too quickly or run.
- ✗ Carry items too tall for you to see over.
- ✗ Store items on the floor that might be tripped on, especially hot items such as oil.
- ✗ Wear pants or other clothing that are over-sized, baggy, or extend below shoe level causing potential trip hazard.
- ✗ Wear leather soles, open toe, platform, high heels, or canvas shoes.



# Five keys to safer food



## Keep clean

- ✓ Wash your hands before handling food and often during food preparation
- ✓ Wash your hands after going to the toilet
- ✓ Wash and sanitize all surfaces and equipment used for food preparation
- ✓ Protect kitchen areas and food from insects, pests and other animals

### Why?

While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These microorganisms are carried on hands, wiping cloths and utensils, especially cutting boards and the slightest contact can transfer them to food and cause foodborne diseases.

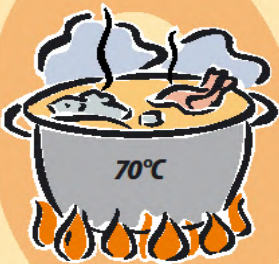


## Separate raw and cooked

- ✓ Separate raw meat, poultry and seafood from other foods
- ✓ Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- ✓ Store food in containers to avoid contact between raw and prepared foods

### Why?

Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage.

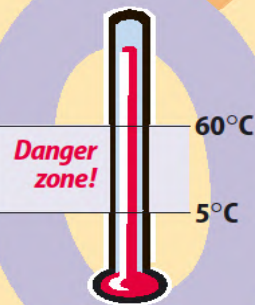


## Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood
- ✓ Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- ✓ Reheat cooked food thoroughly

### Why?

Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70°C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.



## Keep food at safe temperatures

- ✓ Do not leave cooked food at room temperature for more than 2 hours
- ✓ Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- ✓ Keep cooked food piping hot (more than 60°C) prior to serving
- ✓ Do not store food too long even in the refrigerator
- ✓ Do not thaw frozen food at room temperature

### Why?

Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperatures below 5°C or above 60°C, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5°C.



## Use safe water and raw materials

- ✓ Use safe water or treat it to make it safe
- ✓ Select fresh and wholesome foods
- ✓ Choose foods processed for safety, such as pasteurized milk
- ✓ Wash fruits and vegetables, especially if eaten raw
- ✓ Do not use food beyond its expiry date

### Why?

Raw materials, including water and ice, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.



**Your Restaurant is our Passion**

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pensation safety needs,  
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www.calsra.com**

**Thank you for your refer-  
rals! If you're pleased with  
us, Please spread the word.**



**WORKERS COMPENSATION SAFETY NEWSLETTER**

**This Complimentary Newsletter is sent to you by**

**Your Farmers Agent**

**And**

**The Sentinel Restaurant Association**

**Newsletter Designed by Niha Osman**

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