



SAFETY NEWSLETTER

04/01/2017

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Time Temperature Abuse

Recommended Safe Minimum Internal Temperatures

Steaks, roasts 145 °F	Fish 145 °F	Pork 145 °F	Ground beef 160 °F	Egg dishes 160 °F	Chicken breasts 165 °F	Whole poultry 165 °F
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Some food requires time and temperature control to keep it safe. It is called TCS food (Time and Temperature Control for Safety). Disease causing pathogens can grow well in TCS food when it is kept at a temperature between 41°F and 140°F. This temperature range is known as the temperature danger zone. The longer food is in the temperature danger zone, the more time pathogens have to grow.

Cold Holding Temperatures

- Cold foods must be maintained at 41°F or less.
- Frozen foods have no specific temperature requirement other than to remain frozen. It is recommended that frozen food be maintained at 0°F or less.

Cooking Temperatures

- Eggs for immediate service, and except as otherwise required.
- Fish, meat, and commercially raised game animals must be cooked to:
 145°F or above for 15 seconds.
- Chopped or ground meat,

fish, and commercially raised game animals; pork; injected meats; and eggs cooked for hot holding must be cooked to:

- 155°F or above for 15 seconds, or
- 150°F or above for one minute, or
- 145°F or above for three minutes.
- Poultry; stuffed food products; stuffing containing fish, meat or poultry and wild game animals must be cooked to:
 165°F or above for 15 seconds.

Microwave Cooking

- Foods cooked in a microwave must be cooked to 165°F. The product must be covered, and rotated or stirred during the cooking process.

Hot Holding Temperatures

- If hot holding of a cooked product is necessary, the food must be maintained at 140°F or above. The exceptions are roasts, which must be held at 130°F or above.

Cooling of Foods

- Foods must be cooled from

140°F to 70°F within two hours, and from 70°F to 41°F within an additional four hours.

- The goal is to cool foods as quickly as possible.

Reheating of Foods

- Food that is reheated for hot holding must be reheated to an internal temperature of at least 165°F for 15 seconds.
- Reheating must be done rapidly and the minimum temperature must be reached within two hours.
- Steam tables, warmers, or similar equipment do not heat food quickly enough and must not be used for reheating food.

Where and how should thermometers be used?

As the manager, you determine which types of thermometers are used, where they are used, how often they are checked, and who is responsible for checking them.



As a token of our appreciation, We want to present to you free tickets to the upcoming Western Foodservice Expo (\$65 in value) happening on August 27th-29th at the Los Angeles convention center.

Please call me at (949) 756 1654 or Email me at niha@calsra.com and let me know you are interested in attending the show and I will send you the free registration link.

Invitation - SRA Safety Meeting

Dear Members,

We are pleased to inform you that the Sentinel Restaurant Association (SRA) is holding a Safety Webinar for all its members. We will discuss how to establish a safe environment for your employees in a Restaurant.

Please visit us at www.calsra.com for all your Safety needs.

Your participation will be greatly appreciated.

Meeting URL: <https://meet.fm/SRA>

Meeting Date: July 30, 2017

Meeting Time: 3:00 PM - 3:30 PM

Dial-In Number: 1-650-281-0004

Guest Passcode: 442370

Tips for Conducting an Injury/Illness Investigation

NOTE: Every employer in California is required to **immediately report (within 8 hours) any serious injury** or illness, or death of an employee which occurs in a place of employment or in connection with any employment to the nearest Cal/OSHA office (California Code of Regulations Title 8, Section 342).

Reportable serious injuries or illnesses include inpatient hospitalization for a period in excess of 24 hours for other than medical observation or in which an employee suffers a loss of any member of the body or suffers any serious degree of permanent disfigurement.

The **purpose** of an investigation is to find the root cause of the injury or illness so the hazard or practice can be rectified to **prevent further occurrences**. It is **not to create blame**.

Visit the scene as soon as possible following an injury or illness. You will be able to obtain facts while they are fresh, interview witnesses before they forget important details, and provide calm and order following the situation.

Interview the injured worker, if possible. "Walk" the injured through a mock re-enactment. This will give you his/her perspec-

tive of the factors that led to the injury or illness.

Talk with everyone who has knowledge of the injury or illness, even if they didn't witness it. Interview everyone privately, one at a time (people's recollection can be influenced and/or changed by other witnesses' accounts). Whenever facts seem unclear, or there is an element of controversy surrounding the accident, consider taking signed statements.

Document details graphically. Take videos, photos, diagram or sketch the scene, and take measurements when appropriate. When a third party appears to be involved, retain evidence. Get the names of involved individuals, addresses, phone numbers, license and insurance information.

Focus on the root causes. Don't jump to conclusions. Try to answer the following questions:

What happened?

How did it happen?

How it could have been prevented?

Was there an unsafe act?

Determine what caused the incident itself, not just the injury.

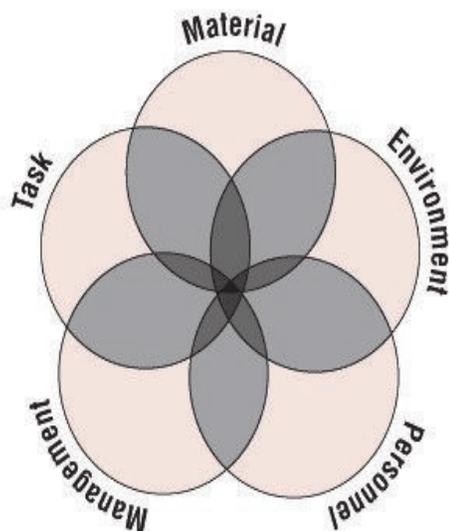
Had proper training been given or controls in place on that topic?

Discuss ideas for prevention with management and interested persons. Two types of controls include:

Administrative controls: Examples are job rotation, enforced rest breaks, stretch breaks, additional training, re-writing policy, enforcing current policy, transfer to another position, restricting work activities.

Physical Controls: Examples are using slip-resistant shoes, installing guards around equipment (mixers, slicers, etc.), installing better flooring and/or mats, providing carts and hand trucks for material handling, etc.

Follow up with corrective action. Make it visible so everyone is aware of the outcome. This demonstrates your commitment and enhances moral when corrective action is done to improve safety for everyone.





Your Restaurant is our Passion

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**For more information
about your workers com-
pensation safety needs, vis-
it our website -
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

**Please give us your feedback on the newsletter via
email at niha@calsra.com**