

COURSE OVERVIEW

Food Safety Hygiene

TIFS-105



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Food safety is a cornerstone of public health, business integrity, and consumer trust. Every step in the food supply chain, from sourcing and preparation to storage and service, carries the potential for contamination if proper hygiene and handling practices aren't followed.

Unsafe food can lead to serious illnesses, reputational damage, legal consequences, and financial loss. With millions affected globally by foodborne diseases each year, maintaining high food safety standards isn't just a regulatory requirement; it's a moral and operational imperative.

Module 1: Bacteria

Food Safety and quality are essential to maintaining the confidence and safety of your customers.

- Bacteria and food poisoning
- Four factors of bacterial growth
- The importance of temperature

Module 2: Personal Hygiene

Maintaining personal hygiene is crucial in food safety to prevent contamination, reduce the spread of pathogens, and ensure the production of safe and healthy food for consumption.

- Common sources of food poisoning
- Personal Protective Equipment
- Handwashing
- Reporting Illness

Module 3: Cleaning and Contamination

Dirty premises are unpleasant workplaces and will cause your business to lose customers. Cleaning is essential to remove waste food, grease and dirt, which can harbour bacteria and attract pests.

- Cleaning as you go
- Contamination
- Cleaning and Disinfection
- Refrigeration Rules

Module 4: Storing and Serving Food

Proper food storage prevents contamination, preserves freshness, reduces waste and protects against harmful bacteria, ensuring food remains safe to eat.

- Delivery and unloading
- Storage and Stock rotation
- Food Preparation
- Working with hot and cold food

Module 5: Storing and Serving Food

Pests pose serious health risks by spreading diseases, contaminating food supplies, and damaging storage facilities.

- Types of pests
- The importance of keeping pests at bay
- Signs of pests and their prevention

Suitable for:

For all team members who work around food but do not directly prepare or cook it. Delivery drivers, Kitchen Porters, Waiters and Bar staff, Kitchen Assistants, Warehouse and Stockroom staff.

Skills achieved:

- Food Safety Level 1 (Basic)

Related Resources:

- Food Hygiene Assessment
- Allergens Risk Assessment
- Allergens Audit
- Cleaning Plan Audit
- Delivery intake Audit
- Food Safety Kitchen Audit
- Freezer Temperature Check Audit
- Daily Check Goods Delivery HACCP Audit
- Daily Check Food Preparation & Thawing Audit
- Daily Check Cooking & Temperature Audit
- Kitchen Knife Safety Audit
- Allergy Awareness Checklist
- Food Safety Incident

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

55 Minutes

Related Courses:

- Meat Slicer Safety
- Kitchen Knife Safety
- Food Safety Level 2
- Food Allergies and Intolerance
- Essentials of Cleaning and Disinfecting
- First Aid Awareness
- Fire Safety for Team Members