



Environmental  
Health Officers'  
Association

Notes

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**Primary Course  
in Food Safety**



## Primary Course in Food Safety

The Environmental Health Officers' Association was founded in 1948 and is dedicated to the promotion of environmental health and hygiene. It is

particularly concerned with encouraging the highest possible standards in all food premises. The association has undertaken the production and supply of food safety courses and materials that relate specifically to Irish and European legislation and standards.

The revised course updates all existing materials. The new DVD was produced in conjunction with Highfield, the leading supplier of food safety training materials in the UK.

Under E.C. Regulation No. 852 of 2004 food handlers are required to be supervised and instructed and/or trained in hygiene matters. The aim of this course is to provide food workers with adequate training in the basic principles of food safety. The course consists of a minimum of 8 hours tuition followed by an assessment of 1 hour's duration. On completion of the course successful participants are awarded a certificate from the Environmental Health Officers' Association.

The revised course is interactive and focuses on the learners and their needs. It comes with Flash Media presentation, DVD, Textbook, Workbook and Materials in Plain English.

The specific learning outcomes of each session are:

### Session 1 Introduction to Food Safety

- Have an overview of food poisoning
- Know what is meant by food safety
- Know the benefits of good food safety
- Know the costs of poor food safety
- Have an introduction to food safety management systems

### Session 2 Microbiological Hazards

- Understand how micro organisms pose a hazard to food
- Know what bacteria need to grow
- Know the foods bacteria grow well in
- Know what the chain of infection is
- Name common food poisoning bacteria

### Session 3 Food Contamination

- Know about microbiological, physical, chemical contamination and some common allergens
- Understand the term cross contamination and how it can occur

### Session 4 HACCP from Food Delivery to Storage

- Know the 7 steps in HACCP
- Know how to check a delivery and what to do if it is not right
- Know how to check storage and what to do if it is not right
- Know the correct temperatures for fridges and freezers and what to do if they are not right

### Session 5 HACCP from Food Preparation to Cooking Service and Service

- Know the hazards and controls from preparation to cooling and service
- Know the correct temperatures for cooking, reheating and hot holding of food
- Know how to defrost frozen food
- Know how to cool and reheat food safely
- Know about the use of microwaves in cooking
- Know how to take temperatures and use a probe thermometer

### Session 6 Personal Hygiene

- Know the importance of personal hygiene in the workplace
- Recognise good hygiene practices
- Explain how poor personal hygiene habits can cause contamination of food
- Know about your responsibilities as a food worker

### Session 7 Food Premises and Equipment

- Know how workflow and zoning prevent cross contamination
- Be aware of good food premises design and layout including finishes, equipment, ventilation and lighting
- Know what is needed to store waste properly
- Know how to correct and report problems that could result in food contamination

### Session 8 Pest Control

- Understand the importance of pest control in a food premises
- Know the common food pests and know the signs of an infestation
- Know how pests can get into a food premises
- Identify how to prevent and control food pests

### Session 9 Cleaning and Disinfection

- Know the importance of cleaning and disinfection
- Understand the different cleaning chemicals and their uses
- Know the safety rules when cleaning
- Know how to care for cleaning equipment
- Understand the risks of contamination when cleaning and know how to prevent them

### Session 10 Food Safety Law and Enforcement

- Understand the need for food safety enforcement and the agencies involved
- Be aware of the law covering food hygiene
- Know what an enforcement officer can enter a food premises
- Know what an enforcement officer looks for when inspecting a premises or investigating food poisoning
- Know the legal actions an enforcement officer can take