

21 KITCHEN HYGIENE

(see also the Methodist Insurance section)

Kitchen hygiene requirements, and UK laws and legislation

On 1 January 2006, a number of new food hygiene regulations came into force in the UK.

The **layout, design, construction, site and size** of your premises must:

- allow adequate maintenance, cleaning and/or disinfection
- avoid or minimise air-borne contamination (ie contamination carried in the air)
- provide enough working space for you to carry out all tasks hygienically
- protect against the build-up of dirt, contact with toxic materials, shedding of particles into food and forming of condensation or mould on surfaces
- allow good food hygiene practices, including protection against contamination and, in particular, pest control
- provide, where necessary, suitable conditions for handling and storing food while keeping it at appropriate temperatures, designed to allow those temperatures to be monitored and, where necessary, recorded.

Handwashing facilities and toilets

- Washbasins for cleaning hands must have hot and cold running water, and materials for cleaning hands and for hygienic drying. **Preferably wash-hand basins should be lever, elbow, knee or automatically operated to avoid contamination.**
- Water should be **stored** at or above 60 degrees Celsius to avoid Legionella contamination
- Water, at the point of use at a kitchen sink, should be limited to no more than 46-48 degrees Celsius to ensure proper removal of grease but there may a risk of scalding at these temperatures if hands are immersed for even a short time, say within 30 seconds on skin with reduced thickness. A safe hand washing temperature as recommended by the NHS is 41 degrees Celsius.
- A wash-hand basin should be fitted at a recommended height to top of basin of between 770 and 840 mm
- Where necessary, you should have a separate sink for washing food.

- Adequate drying provisions should be provided, such as hand dryers (preferably a new generation hand dryer which does not circulate the dirty air, such as the Dyson Airblade).
- Hand towels, hand towel roll or cotton roller towels can be used.

Insect screens

- Windows opening directly into food preparation areas must be fitted with screens capable of resisting common flying insects
- Insect screens must be removable to allow for cleaning
- Kitchen doors which open to the outside air and which are opened for lengthy periods must also be suitably screened using a close-fitting insect-proof screen door
- Doors can be fitted with PVC screen curtains, mesh curtains, chain screens or preferably neatly fitting screen doors

Electronic fly-killing devices

- Flying insects can be destroyed using an electronic fly-killing device.
- Fly killer units need to be positioned in an area where they will have the greatest range around the kitchen.
- They should not be placed in an area where they will be subject to draughts which could dislodge debris from the killing grid or catch tray.
- They should also not be placed above or close to areas where food is stored or prepared in case of blow-out from the fly killer.
- Glueboard fly killers are preferable in areas of high risk. They catch the flies on the glue board and hold them permanently. Manufacturers will give advice on the location, cleaning and maintenance of this type of equipment.

Waste management

- You must put food waste and other rubbish in containers that can be closed, unless you can satisfy your local authority that other types of containers or systems of disposing of waste are appropriate. These containers must be of appropriate construction, kept in sound condition, be easy to clean and, where necessary, easy to disinfect.
- You must have adequate facilities for storing and disposing of food waste and other rubbish. Stores for waste must be designed and managed in a way that enables them to be kept clean and, where necessary, kept free of animals and pests.
- You must get rid of all waste in a hygienic and environmentally friendly way, in accordance with EU legislation. (There are rules about the way certain types of food waste must be collected and disposed of - contact your local authority for details.)
- The waste must not be a direct or indirect source of contamination (eg touching surfaces that food is prepared on, or attracting pests).

Kitchen cleaning

Use colour-coded mops and utensils.

Best practice for design and operation of commercial kitchen ventilation systems: performance requirements: minimum ventilation rates

- an internal ambient air temperature of 28°C maximum
- maximum humidity levels of 70%
- internal noise level should be between NR40 - NR50
- dedicated make up air system to be approximately 85% of the extract flow rate
- minimum of 40 air changes per hour (based on canopy and general room extraction).

Minimum requirements for canopy: velocity requirements

- Light loading - 0.25 m/s (applies to steaming ovens, boiling pans, bains marie and stock-pot stoves).
- Medium loading - 0.35 m/s (applies to deep fat fryers, bratt pans, solid and open top ranges and griddles).
- Heavy loading - 0.5 m/s (applies to chargrills, mesquite and specialist broiler units).

Material of construction

- A material that would comply with the food hygiene requirement is stainless steel.

Grease filtration

- Have a minimum performance the same as a baffle filter.
- Be easy to clean

Minimum requirements for duct work

- All ductwork should be low pressure Class A and constructed in accordance with HVCA Specification DW/144[1] with a minimum thickness of 0.8 mm.

Minimum requirements for odour control objectives

- for new premises or premises covered by planning conditions restricting the impact of odour the system shall be designed to prevent harm to the amenity.
- for existing premises not covered by planning conditions restricting the impact of odour, the system shall be designed to avoid statutory nuisance and shall comply with the principles of Best Practical Means.
- To achieve these objectives, the odour control system shall include an adequate level of odour control and stack dispersion.

