

SAFE METHOD:

# CLEANING



It is essential to keep your food preparation areas clean to get rid of harmful bacteria and allergens to stop them spreading.

| SAFETY POINT   | WHY?   |
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| <p>Regularly clean and disinfect all the items people touch frequently, such as worktops, sinks, taps, handles, switches and high chairs.</p> <p>Cleaning needs to be carried out in two stages. First use a cleaning product to remove visible dirt from surfaces and equipment, and rinse. Then disinfect them following the manufacturers instructions and rinse with fresh clean water.</p> <p>If you use an all-in-one spray this should be used first to clean and again to disinfect.</p> <p>Allow these items to dry naturally or dry them with disposable kitchen towel.</p>  | <p>It is important to keep these items clean to prevent dirt, harmful bacteria and allergens being spread to people's hands and then from their hands to food or other areas.</p>                                        |
| <p>Wash worktops, chopping boards and knives thoroughly before preparing food. Wash and disinfect them after preparing raw meat / poultry, fish, eggs or unwashed vegetables.</p> <p>Ideally, wash them in a dishwasher, if appropriate. Do not overload the dishwasher and make sure it is maintained and serviced regularly.</p> <p>If you do not have a dishwasher, wash them in hot soapy water using diluted detergent. Remove grease and any food and dirt, then immerse them in very hot, clean water. Leave to air dry, or dry with a disposable kitchen towel.</p> <p>Wipe up any spills as soon as they happen. Clean and then disinfect after wiping up spills from raw food.</p> | <p>This will help prevent dirt and harmful bacteria spreading onto food from the surface or equipment.</p> <p>Dishwashers wash items thoroughly at a high temperature, so this is a good way to clean equipment and kill bacteria (disinfect) and remove allergens.</p>                                    |
| <p>Always use a clean cloth to wipe worktops, equipment or utensils. Ideally, use disposable kitchen towel wherever possible.</p> <p>Make sure cloths are thoroughly washed, disinfected and dried between tasks (not just when they look dirty). It is important to also wash and disinfect tea towels and oven gloves regularly.</p> <p>Ideally, wash cloths, tea towels, aprons and oven gloves separately from other laundry, in a washing machine on a hot cycle of 90°C. This will disinfect them. Or if you wash them by hand, make sure all the food and dirt has been removed by washing in hot soapy water before disinfecting them with very hot clean water.</p>                 | <p>Using dirty cloths or tea towels can spread harmful bacteria or allergens very easily. Using disposable kitchen towel will make sure that any bacteria or allergens picked up on the towel will not be spread.</p>  |



| SAFETY POINT   | WHY?   |
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| When cleaning up accidents (e.g. vomiting or diarrhoea) make sure that you clean, wash and disinfect the area thoroughly.  | This prevents harmful bacteria from spreading.   |
| Do not allow kitchen cloths to be used elsewhere in the house, e.g. when cleaning up after accidents (vomit or diarrhoea).   | This is to prevent harmful bacteria spreading to the kitchen.  |
| Follow the manufacturer's instructions on how to use and store cleaning chemicals. When you clean worktops / chopping boards, make sure that any cleaning chemicals you use are suitable for surfaces touched by food.<br><br>Keep all chemicals out of reach of children. | Using and storing chemicals correctly is important to make sure they are effective and to keep children and food safe. |

### WHAT TO DO IF THINGS GO WRONG

- If you find that any item in your kitchen is not properly clean, wash and disinfect it and allow it to dry.
- If you think that a kitchen cloth has been used elsewhere in the house, throw the cloth away or wash and disinfect it before you use it again.
- After cleaning up accidents, change your clothes if you need to and make sure you wash your hands properly afterwards.

**Write down what went wrong and what you did about it on your action sheet.**



Safe method completed: Date:

Signature: