

Did You Know?

◦ 3 Points for Preventing Food Poisoning ※1 ◦

# 3 Principles to Prevent Food Poisoning

Avoid Contact with Bacteria



Don't Let Bacteria Increase



Eliminate Bacteria and Germs



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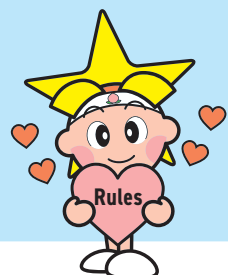
**One person's mistake causes trouble for everyone!**



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Follow workplace rules to stop food poisoning.  
Let's make safe and delicious meals by following these rules.

- ☒ **No Contact. No Increase. Kill Germs.**
- ☒ **Follow Workplace Rules**



岡山県・保健所  
Okayama Prefecture · Health Center

How can we prevent food poisoning?  
Let's think of methods using the 3 principles-  
**No contact. No Increase. Kill Germs.**

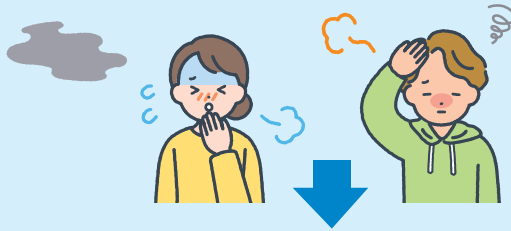


## Before Going to Work

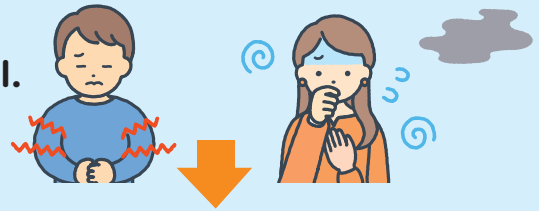


Mistake  
**01**

I threw up, but am feeling well enough to work,  
so it should be alright to enter the food preparation building.



I don't feel well.



Go to work



I threw up.  
I need to rest.



Worker Health Supervisor  
(the person in charge)

Take Time Off

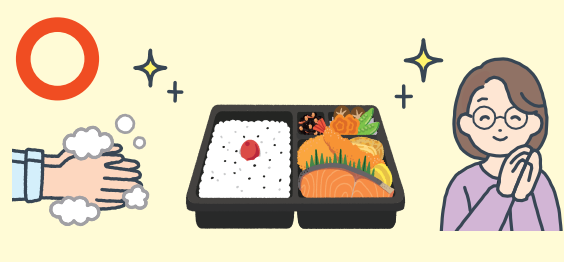
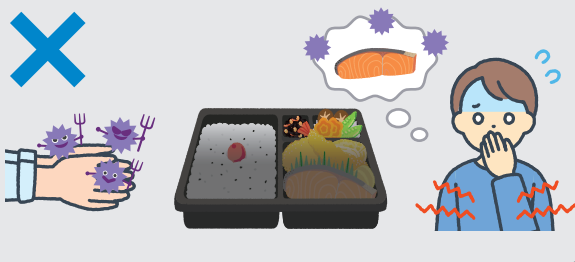
**Before going to work, contact your Health Supervisor.**

Mistake  
**02**

There is nothing on my hands and they look clean.  
It's too much work so I shouldn't have to wash my hands.



※2  
Many invisible microorganisms are on our hands.  
If we don't wash our hands, those microorganisms  
will infect the food.



※3  
**Hands can carry microorganisms and infect the food !**

**Avoid contact** with microorganisms.



## During Work

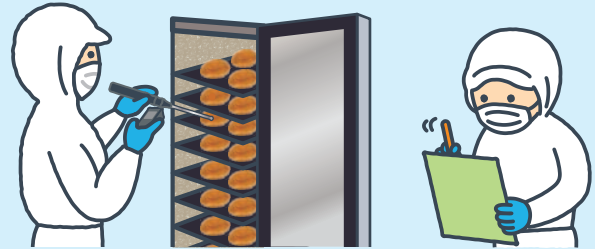


Mistake  
**03**

The food is being cooked the same way every time, so I don't need to check its inner temperature each time.



Germ and microorganisms can survive if the food is not cooked completely to the center.



Cook food to its center, and cook for the full time.

We must stop and **eliminate germs.**



## During and After Work



Mistake  
**04**

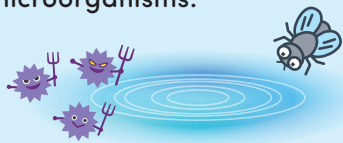
There is food and wet spots on the floor. It will just get dirty again if I clean it so I will just leave them there.



**What will happen if you just leave it ?**

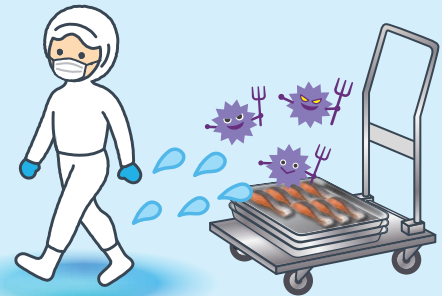
### The Floor

It attracts insects and microorganisms.



### When Walked Through...

Dirty water can splash onto food and  
※4 cooking utensils.



※5

※6

※7

※8

**Clean. Wash. Disinfect. Make them a habit.**



**Clean**



**Wash**



**Disinfect**

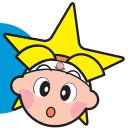
Don't allow germs to **contact** or **increase.**

## Q & A

Advice from other trainees, interns and workers from foreign countries about things they had problems with.



When should I wear gloves, and when should I change gloves?



Here is when you should wear and change gloves.

Put on gloves **before** touching food.



Change gloves **after** touching dirty objects.

Changing gloves



Change gloves after cleaning.



Change gloves after touching your face or body.



Change gloves after picking up dropped objects.



Put dirty gloves in the trash can.



Put on new, clean gloves.



## Special terms and words explained.

### 1 Food Poisoning

Eating food contaminated with bacteria or viruses can cause stomach aches, vomiting, fever, or other physical illnesses.

### 2 Microorganisms

Bacteria, viruses and microscopic life invisible to the eyes.

### 3 Infect

Food or objects that have been contaminated with germs or microorganisms.

### 4 Cooking Utensils

Food preparation tools like knives and cutting boards.

### 5 Clean

Keep everything clean and free of dirt and trash.

### 6 Wash

Remove all dirt and non-food materials.

### 7 Disinfect

Using disinfectant spray to sterilize utensils and kill germs.

### 8 Habit

Understand and follow the rules and practices, making them a regular habit.