

Food Hygiene and Safety Newsletter

Winter 2014

Riding Schools

Have you registered your business correctly?

The Health and Safety at Work Act

Are you allergy aware?

100% Success Rate for Level 3 Award

Level 2 Award in Food Safety in Catering

The Way we work

Riding Schools

Do you or your children have horse riding lessons? Are you sure that the riding school you use is licensed to give riding lessons? Anybody who supplies horses, ponies and donkeys to give lessons or to use for hacking in exchange for money or payment in kind, must be licensed under the Riding Establishments Acts 1964 and 1970, and it is an offence not to be licensed.

The purpose of the Acts is to protect the welfare of the animals, making sure that they are properly looked after and not overworked. It also requires that riding equipment

is maintained properly so as not to cause suffering to the horse or an accident involving the rider. Fire precautions must be taken for the protection of horses in case of fire and a public liability insurance policy must be in place. When you next go for your lesson or hack ask to see a copy of the most recent 'Licence to Keep a Riding Establishment'. If the operator is unable to provide a copy of the document then they might be unlicensed and you should contact the Environment Health department for further advice.



Have you registered your business correctly?

Many food registration forms which we receive are completed incorrectly. In the section asking for the "Full name of Food Business Operator" it is common that managers, chefs or other persons completing the form insert their own details. It is important that this section is completed correctly with the name of the person(s)/company who are legally responsible for the food business. This is because, in the event of formal action being taken against the business, the "Food Business Operator" details, as cited on the food registration form, will be the person(s)/company against whom the action is taken. This includes formal notices and prosecution proceedings in court.

During routine inspections officers will ask whether there have been any changes to the business and that is your opportunity to ensure that our records are correct and up to date.

Level 2 Award in Food Safety in Catering

Formerly known as the Basic Food Hygiene Certificate

Food hygiene legislation requires all food handlers to be trained in food hygiene matters. In order to help food business operators to comply with this requirement, Huntingdonshire District Council is hosting a Level 2 Award in Food Safety in Catering. The course will cover:

- Legislation
- Food safety and hygiene hazards
- Temperature control
- Refrigeration, chilling and cold holding
- Cooking, hot holding and reheating
- Food handling
- Principles of safe food storage
- Cleaning
- Food premises and equipment

The six-hour course and multi-choice exam will take place on Wednesday 21 January 2015. Registration is from 9am and the course will start at 9.30am. Venue: Civic Suite, Pathfinder House, St Mary's Street, Huntingdon PE29 3TN. Cost: £60 per candidate which includes all course materials, exam fee, and refreshments. Lunch is not provided. To reserve a place on the course please contact us on 01480 388302

100% Success Rate for Level 3 Award in Supervising Food Safety in Catering

This October Huntingdonshire District Council's Food Safety team ran a CIEH Level 3 Award in Supervising Food Safety in Catering. Eight candidates attended the 18 hour course, which was held over 3 weeks. The course is aimed at supervisors and managers, and covers topics such as HACCP, food safety management systems, micro-organisms, contaminants, and controls to make sure that food is safe to eat. All eight candidates passed, with six gaining a merit pass. We plan to run another Level 3 Award in Supervising Food Safety in Catering in 2015 so if you would like to know more about the course, please contact our Admin team on 01480 388302.

14

Allergens

Coming to a food label near you



Food Standards Agency
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1

Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

2

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3

Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

4

Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5

Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7

Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

8

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

9

Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

10

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11

Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

12

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

13

Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

14

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to our allergy alerts on food.gov.uk/email, or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and Facebook

Let's keep connected at food.gov.uk/facebook

Join our conversation [@food.gov.uk/twitter](https://twitter.com/food.gov.uk/twitter)

Watch us on food.gov.uk/youtube

The Health and Safety at Work Act

40 years old this year and still going strong

The year 2014 marks 40 years since the Health and Safety at Work Act received Royal Assent. Although it is often misunderstood and misinterpreted it has protected millions of British workers, and driven sharp reductions in incidents of occupational death, serious injury and ill health.

In 1974 fatalities to employees covered by the legislation in place at the time, stood at 651. The latest figures show that number has dropped to 133 for employees and self-employed combined. In the same time period, non-fatal injuries have dropped by more than 75%.

Although often ridiculed, the Act remains relevant in an economy that is no longer based predominantly on heavy industry and manufacturing. It sets out broad, non-prescriptive goals for employers and is underpinned by the fundamental principle that 'those that create risk are best placed to manage it'. These principles can be applied to the new and emerging technologies and sectors that characterise the economy in the 21st century. You might find it helpful to visit the Health and Safety Executive's (HSE) "Myth busters" site (<http://www.hse.gov.uk/myth/index.htm>) for an eye catching look at some of the strange decisions that have been made in the name of health and safety. They also help to explain some of the things that aren't required by law.

The Council's Environmental Health team is always prepared to offer advice to businesses and this commitment is confirmed in the Health and Safety Service Plan for 2014/15. If you're not sure whether to take advantage of this opportunity

then take a few minutes to consider the costs of poor health and safety management.

The latest information for the East of England (2012/13) shows:

- There were 16 fatal injuries to workers
- There were 1,831 major injuries to employees
- There were 5,306 over 7-day injuries to employees

Almost half of the major injuries were caused by slips and trips and almost 1 in 7 were attributable to falls from height. Over 50% of the over 7-day injuries were caused either by handling, lifting or carrying or by slips and trips.

In 2013/14 the Council's officers investigated 26 reportable accidents at 18 different businesses. There were:

- 15 over 7-day injuries; and
- 5 major injuries

These figures represent the most significant accidents but even relatively minor incidents can be costly. It is estimated that workplace injuries and ill health (excluding cancer) cost society an estimated £13.8 billion in 2010/11 (based on 2011 prices). In the East of England the latest available figures (2011/12) show that 2.4 million working days were lost due to workplace injuries and ill health.

In Cambridgeshire just over two thirds of businesses employ fewer than five people and they are particularly badly hit by lost time due to work-related accidents and ill-health. The injured worker is more likely to be a key member of staff, the company is less likely to have another member of staff who can cover the absenteeism and is often forced to incur additional expense

by hiring temporary staff. In addition there are the costs associated with damage to equipment and buildings and loss of production which are often associated with workplace accidents.

Further expense is incurred when businesses are prosecuted for breaches of health and safety requirements. The HSE is responsible for the manufacturing, construction and agriculture sectors and local authorities investigate incidents in the retail, catering, hospitality, leisure and service sectors. The latest information for the East of England (2012/13) shows:

- HSE prosecuted 71 cases
- Businesses found guilty received fines totalling almost £1.1 million
- The average fine was £9,552 per offence
- Local authorities prosecuted 18 cases
- Businesses found guilty received fines totalling almost £200,000
- An average fine of almost £4,500 per offence

So what can you do to help yourself?

Start by looking at the HSE's website where you'll find the biggest single source of authoritative health and safety advice and information. You'll find example risk assessments for a variety of industries, technical information that you can download free of charge and Frequently Asked Questions about a wide range of topics. If you would like some health and safety advice or you'd like to make an appointment for someone to visit your business then you can contact the health and safety team on 01480 388302 or by email at EnvHealth@huntingdonshire.gov.uk.

The way we work

We don't just make it up

Many of you will have had a visit from one of our officers as part of our routine work. This will probably have been a routine food hygiene inspection, a visit in response to a customer complaint or a visit to follow-up a request for advice. Our officers are also authorised to carry out health and safety at work visits, but with almost 3000 premises on our database it's important that our routine work is planned properly in order to take account of the following:

- The knowledge, experience and qualifications of the officers in the team
- Prioritising work according to risk
- Compliance with any guidelines issued by Government
- Securing the support of the Council's Senior Management Team and Councillors.

The number of premises on our database has increased by 23% over the last ten years, but in the same period the number of officers in the team has dropped from ten to seven. This means that our annual plan of work must be carefully considered so that it can be carried out to the highest possible standards against a backdrop of diminishing resources. The Food Standards Agency (FSA) and the Health and Safety Executive (HSE) are the national regulators for food law enforcement and occupational health and safety at work respectively.

By law the Council is required to provide food hygiene and health

and safety services and each year the Council develops a detailed plan of work to show how it will meet those responsibilities. These documents are called Service Plans and they are presented to a special panel of Councillors, each of whom can ask questions about the cost of the work, the type of businesses that feature in the Service Plans and the approach to dealing with businesses that fail to comply with their statutory duties. The Food Safety Service Plan is also presented to a full Council meeting. The Service Plans are reviewed after a few months and an interim report is presented to the Council's Senior Management Team in order that any problems can be identified and corrected.

The 2014-15 Food Safety Service Plan and 2014-15 Health and Safety Service Plan are both available for inspection via the Council's website. They provide a detailed explanation

of the work that was carried out in 2013-14 together with the work that is planned for 2014-15. Here are a few headlines from 2013-14.

Food Safety

- 474 planned inspections of businesses
- 149 follow-up visits
- 125 inspections of brand new businesses
- 61 enforcement notices served for serious breaches of food hygiene requirements
- 4 businesses were prosecuted.

Health and Safety at Work

- 259 visits to check standards of health and safety in the workplace
- 88 complaints investigated
- 26 accidents investigated
- 14 enforcement notices served for serious breaches of health and safety requirements
- 1 business was prosecuted for failing to comply with an enforcement notice.

Coffee Break Wordsearch

Find the following food-related words and phrases in the grid. Answers can be found on our website.

- | | |
|---------------|---------------|
| Training | Allergens |
| Contamination | Salmonella |
| Thermometer | Legislation |
| Hazards | Refrigeration |
| Sanitizer | Service plan |
| Separation | Freezer |

P	G	A	E	Q	S	A	N	I	T	I	Z	E	R
L	F	S	E	P	A	R	A	T	I	O	N	C	E
O	R	B	C	Z	O	O	M	N	M	S	O	X	F
L	E	G	I	S	L	A	T	I	O	N	L	K	R
O	E	Q	U	S	W	E	I	E	T	E	S	G	I
J	Z	M	V	D	O	P	E	A	X	G	T	N	G
E	E	V	W	R	L	O	M	E	R	R	U	I	E
Y	R	O	P	A	N	I	U	T	I	E	F	N	R
E	X	E	I	Z	N	A	Z	G	R	L	O	I	A
P	I	N	S	A	L	M	O	N	E	L	L	A	T
D	A	A	T	H	Y	K	P	M	B	A	P	R	I
J	O	I	Y	T	L	P	E	R	W	S	T	T	O
M	O	T	H	E	R	M	O	M	E	T	E	R	N
N	I	B	S	E	R	V	I	C	E	P	L	A	N