



TECHNICAL ASSISTANCE TO BUILD FOOD SAFETY CAPACITY FOR THE FISHERIES SECTOR



Hygiene in Fish Processing

Training for Ocean Delight, Suriname



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Learning Outcomes

At the end of this session, you should be able to:

- Understand the importance of personal hygiene and health when handling fish.
- Learn the proper use of protective clothing and effective handwashing techniques.
- Know why it is important to report any illness or suspected infection to your supervisor.



Protective Clothing



Examples:

- Hairnet
- Face mask
- White jacket that is washable
- Clean apron and gloves
- Clean boots

TRAINING TIPS

- ✓ Workers can be asked to state examples of protective clothing based on what the images show.
- ✓ This can be done instead of just telling them as this will start the session off by engaging them and also giving them an opportunity to show what they know.

Protective Clothing



Examples:

- Hairnet
- Face mask
- White jacket that is washable
- Clean apron and gloves
- Clean boots

Properties of protective clothing

- ✓ Protects food from risk of contamination
- ✓ Easy to clean and keep clean
- ✓ No buttons
- ✓ No outside pockets
- ✓ Completely cover own clothing
- ✓ Head covering – to reduce risk of hair in food
- ✓ Not to be worn outside.

**Why do you think you wear
protective clothing at work?**



The human body contains many bacteria. Clean protective clothing protects food handling areas from bacteria on the skin and hair, as well as clothes worn outside.



TRAINING TIPS

- ✓ Workers can be reminded that their hands/bodies are covered with organisms that cannot be seen with the naked eye, which are capable of contaminating food, food contact surfaces and utensils.

The human body contains many bacteria. Clean protective clothing protects food handling areas from bacteria on the skin and hair, as well as clothes worn outside.



If using disposable gloves:

- Wash hands before and after use
- Replace immediately if damaged
- Replace regularly and always at breaks
- Use new gloves when entering processing area

Gloves become contaminated just like hands and should not be used to replace handwashing.

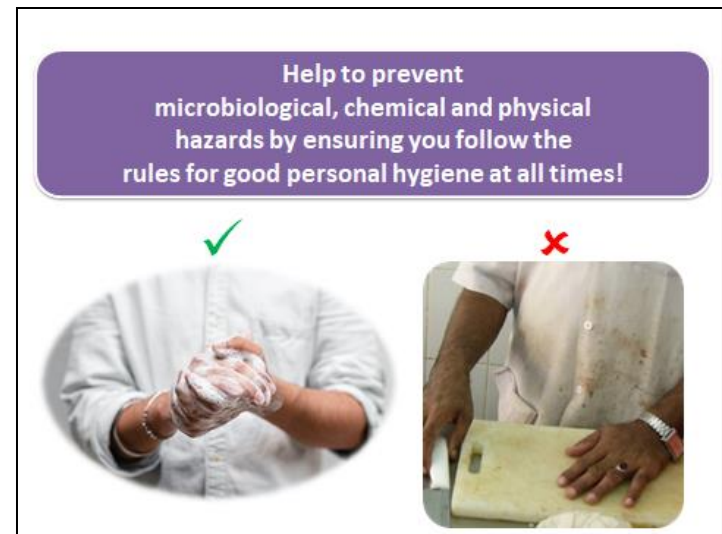


**Help to prevent
microbiological, chemical and physical
hazards by ensuring you follow the
rules for good personal hygiene at all times!**

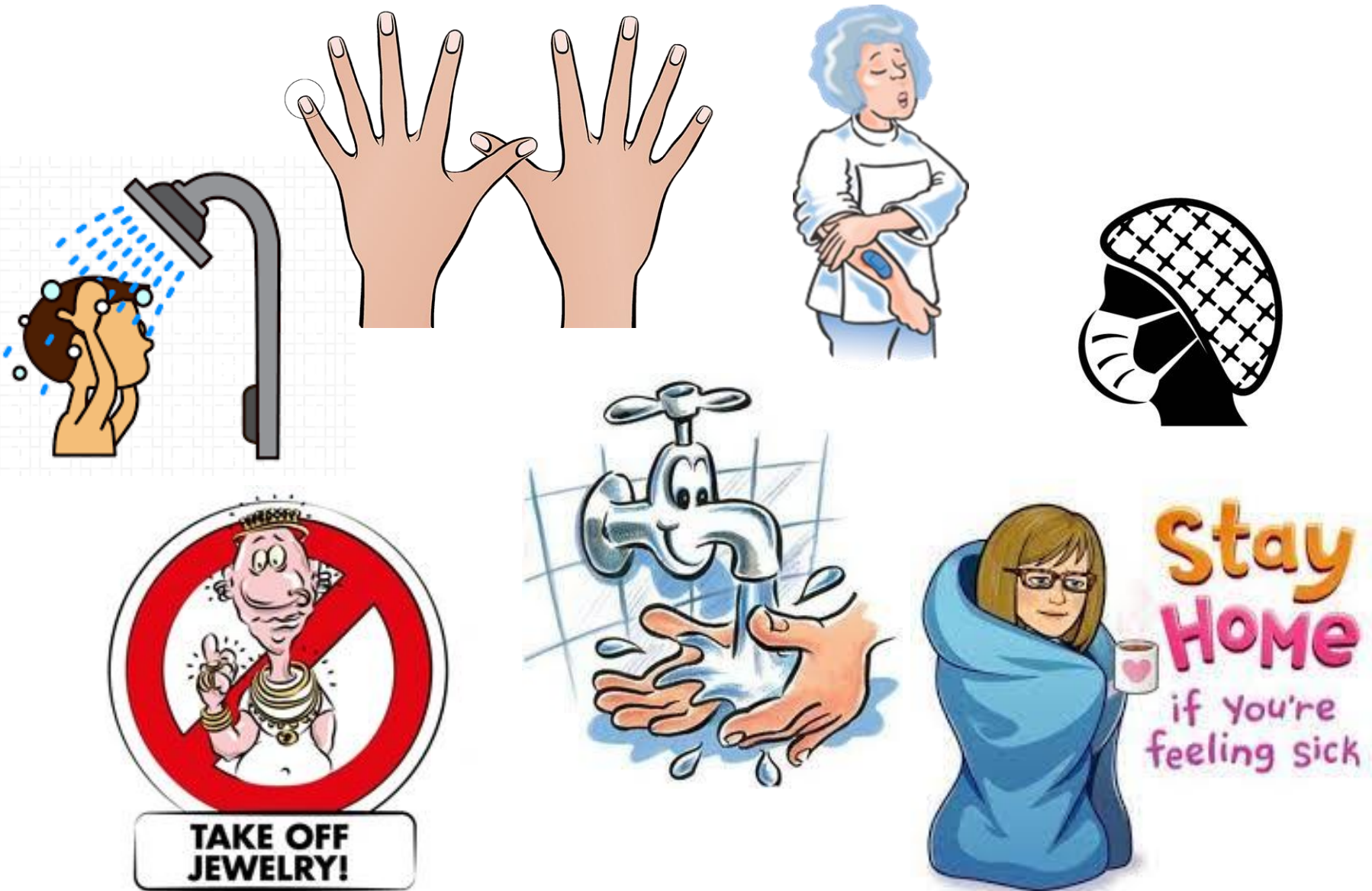


TRAINING TIPS

- ✓ Some food processing facilities allow workers to wear watches and wedding rings. However these can be possible sources of contamination and spread of harmful bacteria.




Good personal hygiene includes:



TRAINING TIPS

- ✓ Workers can be asked to state examples of good hygiene based on what the images show.
- ✓ This helps to keep them engaged and also gives them a chance to showcase what they know.
- ✓ They can also be asked for any other examples not illustrated → eg covering mouth when coughing or sneezing, brushing teeth daily, not putting fingers in nose/mouth etc





**Workers can
contaminate the
fish that they are
handling,
if not handled
properly.**

TRAINING TIPS

- ✓ Slide included to emphasize that workers should be aware that their handling of the fish can impact on the safety and quality of the final product sold on the market.
- ✓ They may not fully appreciate the reason certain food safety protocols/procedures have been implemented in the facility.



Effective Handwashing

1 Wash

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1 Wet the hands



2 Take an adequate amount of liquid soap



3 Rub hands to lather



4 Rub the back of each hand with the opposite palm



5 Rub palms with fingers interlaced



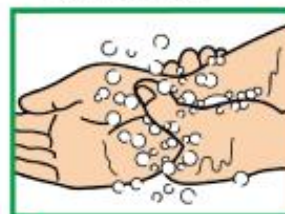
6 Rub each thumb clasped in the opposite palm



7 Rub fingertips in the opposite palm



8 If necessary, scrub the fingertips with a nail brush



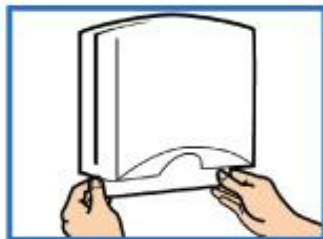
9 Scrub the wrists



10 Rinse well with running water

2 Dry

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11 Take a paper towel



12 Dry hands thoroughly

TRAINING TIPS

- Slide included to illustrate the steps of effective handwashing in the workplace.
- If possible, trainers can opt to physically demonstrate the steps with soap, water and a hand tissues.



OPTIONAL

Glo Germ™ Activity

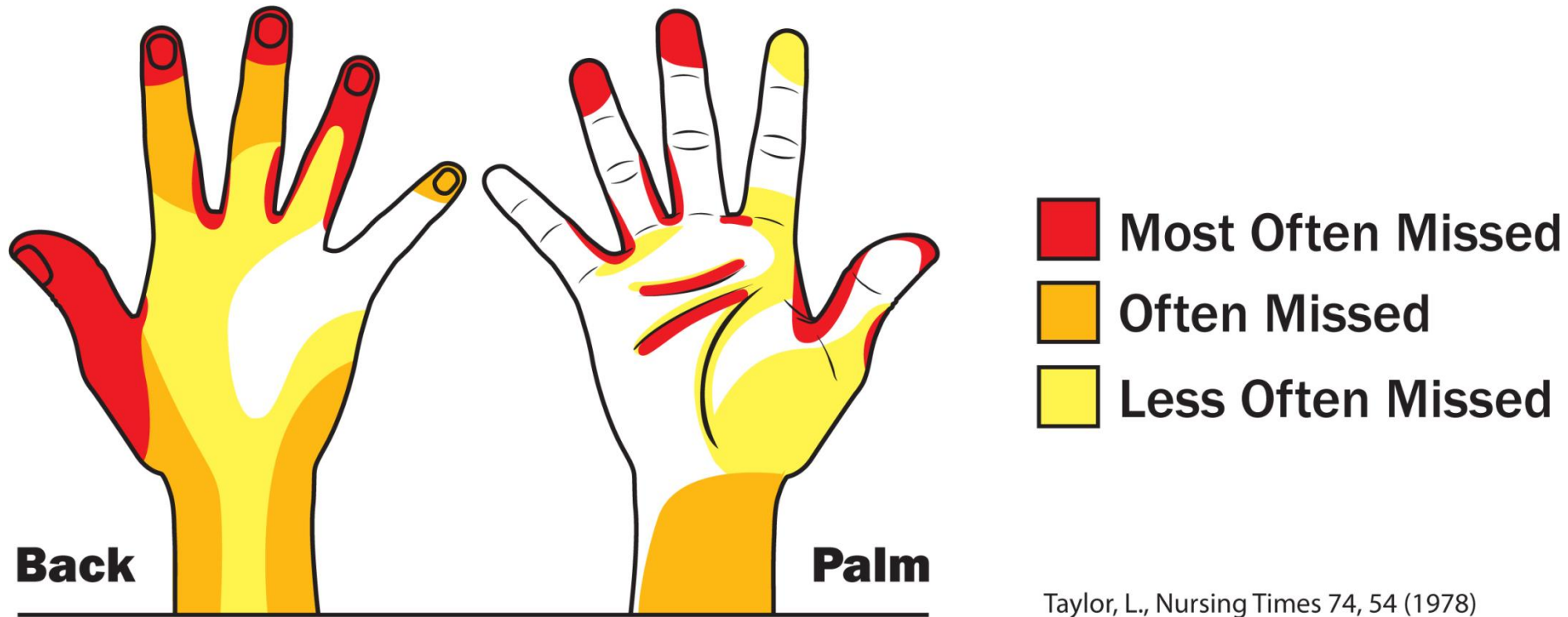


TRAINING TIPS

- ✓ The Glo Germ™ Activity is a good option for providing a visual and interactive learning tool to demonstrate to your workers (despite the language barrier) how bacteria can spread and the importance of effective handwashing .
- ✓ More details in Part 2 session
- Kit includes:
 - Glo Germ lotion/powder
 - UV light



Areas most often missed with inadequate handwashing.



Fingernails, cuticles, creases and crevices of the fingers and hands are all areas where pathogens can hide.

Always wash your hands after:

1. Entering or leaving the work area
2. Using the bathroom
3. Handling raw foods
4. Changing tasks between raw and ready-to-eat products
5. Touching your hair, face, or body
6. Sneezing, coughing or blowing your nose
7. Cleaning
8. Handling soiled equipment/utensils
9. Handling garbage or fish waste
10. Eating, drinking or smoking
11. Touching anything that may contaminate your hands



Report immediately to your supervisor any symptoms of illness or infection that might be passed on through food or your working environment!



Which of the following illnesses or conditions must be reported to your supervisor?

✓ = Report

✗ = Do not report

Eaten suspect food



Moles



Septic cuts/boils



Skin infection



Backache



Black eye



Discharge from eyes, nose or ears



Diarrhoea, vomiting or food poisoning



Broken toe



Serious cold/flu



Unwell whilst abroad



Close family contact has diarrhoea, vomiting or food poisoning



Sunburn when abroad



Food handlers with diarrhoea and vomiting should not return to work until they have been symptom-free for at least 48 hours.

TRAINING TIPS

- ✓ This is an interactive activity where workers are asked whether they would or would not report a number of illnesses/conditions.
- ✓ Allow further discussion and explanation for those which are answered incorrectly as it may show that further training may be needed in that area.

Which of the following illnesses or conditions must be reported to your supervisor?			
	✓ = Report		✗ = Do not report
Eaten suspect food	✓	Moles	✗
Septic cuts/boils	✓	Skin infection	✓
Backache	✗	Black eye	✗
Discharge from eyes, nose or ears	✓	Diarrhoea, vomiting or food poisoning	✓
Broken toe	✗	Serious cold/flu	✓
Unwell whilst abroad	✓	Close family contact has diarrhoea, vomiting or food poisoning	✓
Sunburn when abroad	✗		

Food handlers with diarrhoea and vomiting should not return to work until they have been symptom-free for at least 48 hours.

Following illness, some persons may still carry harmful bacteria on and in their bodies.

Food handlers returning to work following food poisoning MUST therefore observe additional high standards of personal hygiene.

In particular, effective handwashing.



TRAINING TIPS

- ✓ Trainers may opt to describe what a carrier is and how harmful bacteria may be spread from such persons.
- ✓ A good example that can be shared for this topic is the story of Typhoid Mary.

Following illness, some persons may still carry harmful bacteria on and in their bodies.

Food handlers returning to work following food poisoning **MUST** therefore observe additional high standards of personal hygiene.

In particular, effective handwashing.



Personnel flow

- Enter the factory only at the personnel main entrance
- Walk to the designated changing room
- Wash your hands with soap and dry with the paper towel
- Throw used paper towel in the garbage bin without touching it with the hands
- Take your personal clothes for factory work out of the designated locker
- Change city clothes into personal clothes and put city clothes in the personal locker
- Take out clean white factory uniform out of the uniform bin
- Put on factory clothes and boots
- Wear hairnet and mouth cap
- Wash hands with soap, rinse with water, disinfect with sanitizer and dry hands with paper towel
- Throw used paper towel in the garbage bin without touching it with your hands
- Wear clean gloves
- Walk through the boot cleaning station to enter the processing area

Activity

Spot what the food handler is doing wrong!



TRAINING TIPS

- ✓ Another interactive slide that trainers can use to engage the workers and assess their understanding of the material being covered.
- ✓ Trainers can go around the room and ask each worker to state one thing that the food handler is doing wrong.



Any questions?

