



## Edition 3 – March 2016

**Welcome to the first e-GR publication of 2016.**

**The focus for this edition reflects the seasonal themes of refreshing and reviewing before the busy tourist season gets under way.**

I would also like to say goodbye and a big thank you to Alison Slater, the long standing Gut Reaction editor, who oversaw it's transformation to the online format you see before you today. It's also hello to Andrew Goold, the new Editor in chief for the Dorset edition.

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### Spring is in the air

Out with the old and in with the new! Spring is traditionally the time of year to do a deep clean; get rid of clutter; do odd jobs and arrange maintenance and repairs that have been on the back burner. Cleaning is also an inexpensive way to help sustain or improve your [Food Hygiene Rating](#). [Maintenance and repairs](#) are cost saving in the long run by extending the life of appliances and maximising their efficiency.

Repairs can prevent more costly damage as well as reducing the risk of incidents. You can do most of the cleaning in-house but remember to get in the experts for [gas appliances](#).



### Tips

- Planning activities so they don't clash with busy or peak times may prevent accidents
- After washing floors they can remain wet for some time - dry where possible

- or re-route people.
- Establish safe methods for cleaning; including high level cleaning
- Check the condition of ladders and stepladders before use
- Check electrical equipment especially the condition of plugs and cables.
- To prevent trip incidents use the nearest sockets or use cordless equipment.
- Pay particular attention to safe use of cleaning chemicals. Always follow the instructions on the label, use any specified protective clothing and don't mix chemicals.
- Move awkward or heavy equipment and furniture in pairs or use suitable mechanical aids

For more tips on [manual handling](#), [cleaning floors](#), [ladder safety](#) and [chemical safety](#) check out the [HSE website](#)

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## Weathering the Storm

After a stormy wet winter we know how unpredictable the weather can be, but have you considered the impact of seasonal weather conditions on the safety of your workplace? Does your risk assessment take into account hot, windy, wet or icy conditions? [Common Sense advice](#) to prevent you from falling foul of our changeable weather conditions is available at the [HSE website](#)



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## The Cost of Food Poisoning

[Food Poisoning Victim Awarded £236, 534](#)

Unsuspecting diner Tracey Rae was diagnosed with IBS (Irritable Bowel Syndrome) after eating chicken liver contaminated with *Campylobacter*. ***Campylobacter* is the commonest type of food poisoning in the UK.** It can cause severe diarrhoea, stomach cramps and general unwellness but normally clears up without medical treatment. However, this case shows food poisoning complications can cause debilitating and life long health conditions. Surprisingly as many as [one out of ten](#) cases of IBS may be from post food poisoning infection.



**This is preventable.** Outbreaks of *Campylobacter* are most often linked to undercooked chicken liver, however this isn't about using reputable suppliers [as 4 out 5 chickens are contaminated](#). The best way to prevent *Campylobacter* is by:

- Never washing raw chicken (contaminated water may splash on other surfaces and food)
- Regularly hand washing

- Washing and where necessary disinfecting food surfaces and utensils to remove bacteria and contamination.
- Separating raw meats from other foods.
- Having a system of ensuring high risk foods such as chicken, liver and liver pate are thoroughly cooked and that you are able to demonstrate how you achieve this

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## Don't create a stink

The installation of an extraction system is amongst the most expensive and technical pieces of equipment in a commercial kitchen. In order to avoid unnecessary future costs the system should be effectively designed and installed to:



- remove cooking fumes at source, i.e. at the appliance;
- remove excess hot air and bring in cool, clean air, so the working environment is comfortable but not draughty;
- provide enough air for complete combustion to prevent the risk of [carbon monoxide poisoning](#);
- be easy to clean in order to avoid a build-up of fat and an increased risk of fire;
- be quiet and vibration free.

This department has recently investigated and substantiated noise and vibration nuisance from extraction systems at local food businesses. In one case, although the extraction system was approved at the planning stage, the takeaway owner used a different company to install the extraction system who did not install the system according to the approved plans. **This resulted in noise and vibration problems along with additional expenses being incurred by the business as they had to make alterations to the system in order to reduce the significant noise impact to residential neighbours.**

Essential reading is available from [DEFRA](#) and the [HSE](#). However for expert advice in extraction and ventilation consult a [HETAS](#) (solid fuel) or [B&ES](#) registered engineer.

Please take a look at our [new Poole Business Services webpage](#) or contact us on 01202 261700 as E&CPS also provides business advice.

**Don't forget cleaning and maintenance is important.** Failure to do so may invalidate your insurance in the event of a fire.

## Illegal tobacco sales

Trading standards teams across Bournemouth, Poole and Dorset are looking into the supply of illegal tobacco in the area, and are asking for any information that can help tackle the problem. Intelligence is used to target checks into suspicious tobacco supplies. Sometimes these visits are made with tobacco detection dogs, which can assist officers to find both smuggled and counterfeit tobacco.



If you have ever been offered cheap tobacco, or have seen cigarettes or tobacco sold cheaply in your neighbourhood, then please help by reporting the issue. There is a risk that illegal tobacco supplied in these ways can mean it is easier for children to buy it.

You can contact Trading Standards in Poole on 01202 261700 or use the [confidential online form](#)

See this link to Dorset Public Health to [Find out more](#) about the work to combat illegal tobacco.

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## Freeze out mistakes

Caterers who freeze foods that have a use by date must ensure that they make a note of which day the food was frozen on. Never freeze any foods after the use by date has expired as it may not be microbiologically safe when defrosted.



The 'Prove It' section of the Safer Food Better Business (SFBB) pack gives details on how to do this.

Food must be clearly labelled to indicate how long it has been in the freezer. Once it is removed from the freezer it should be treated like any other perishable food item and given a label indicating its shelf life.

Food retailers who freeze chilled food for onward sale as a frozen product will need to have a documented food safety management system in place. This will need to detail how you freeze food safely, as this would now be considered to be a different product that contravenes the manufacturers instructions. In this situation, you will need to re-label the product with the new food business name and address, and 'instructions for use' information provided in relation to de-frosting and cooking, including the product's shelf-life once defrosted.

For recent update to the guidance see the Food Standards Agency. website.

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## Colourful Compliance

Eating too much food colouring has been linked to allergic reactions and sickness. Only certain named food colourings are allowed in food. The amount of colouring that can be used is also controlled.

Packed food should be labelled with a list of ingredients, and if any restricted colourings are used they must be accompanied by the warning "may have adverse effect on activity and attention in children".

If you are making and serving food through cafes, restaurants or takeaways where food does not have a label for customers to read, it is even more important for you to understand what colours can legally be used in food and how much is allowed. Adding in a spoon of colouring to a sauce may be the difference between complying with or breaking the law.

Make sure that you follow any labelling instructions on the amount to use, or if you are not sure you will need to check with your supplier and ask for further written details.

To learn more about the restrictions there is the ['Colours in Food'](#) leaflet available from the free online Business Companion resource or contact us on 01202 261700 or email to [environment@poole.gov.uk](mailto:environment@poole.gov.uk)

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