

MINISTERIAL CONFERENCE ON FISHERIES
COOPERATION AMONG AFRICAN STATES
BORDERING THE ATLANTIC OCEAN



CONFERENCE MINISTERIELLE SUR LA COOPERATION
HALIEUTIQUE ENTRE LES ETATS AFRICAINS
RIVERAINS DE L'OCEAN ATLANTIQUE

GHP/GMP

Food Hygiene for Food (Fish) Handlers and Business Operators



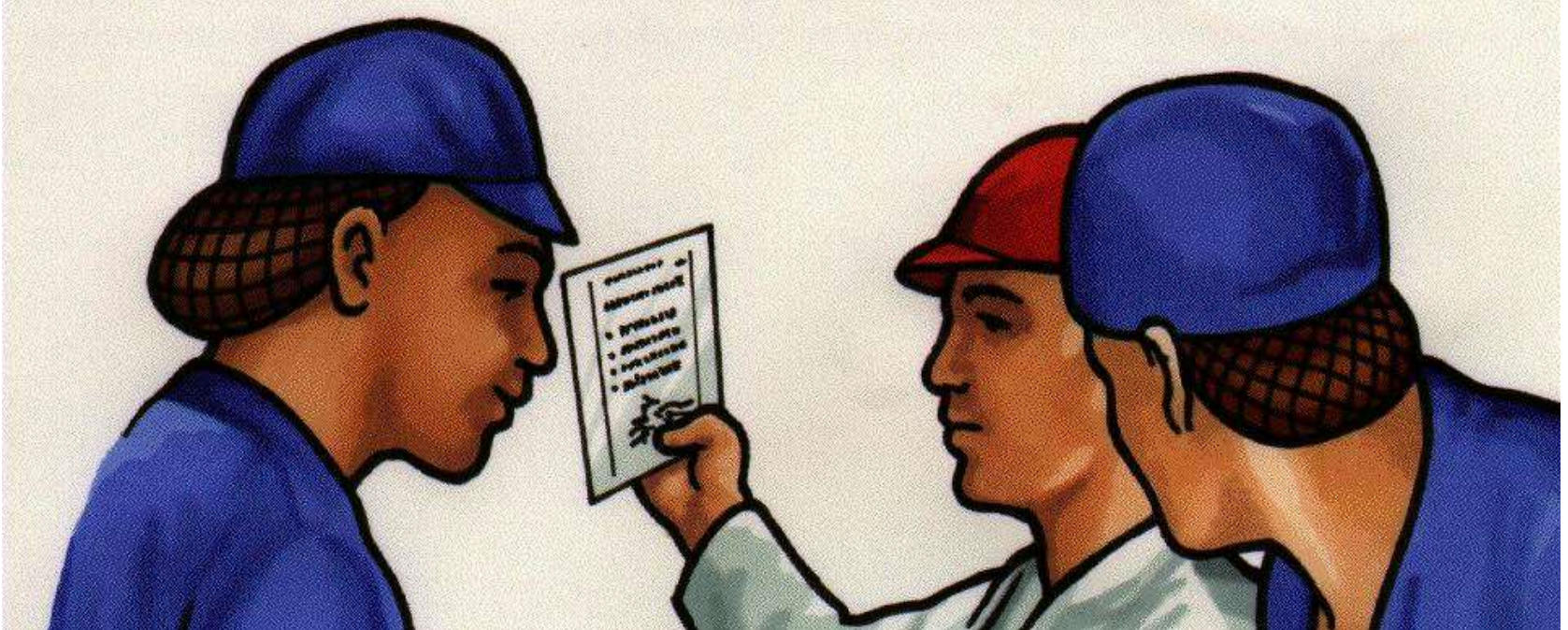
By

Dr. BAMBA BANJA

- **Establishes minimum GMP for methods to be used, and the facilities or controls to be used for, the manufacture, processing, packing or holding of a drug to assure that the drug is:**
 - **Safe**
 - **Has the appropriate identity and strength**
 - **Meets quality and purity characteristics**

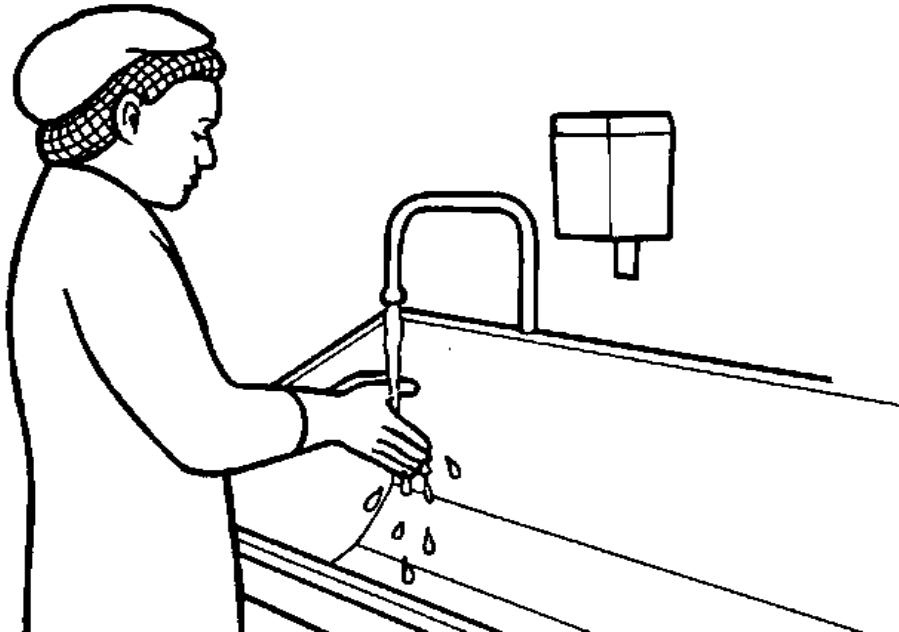
Protective clothing contd.

- **Hats and hairnets**
- ***No-one likes to find hair in their food!***
- Hair and dandruff also contain lots of bacteria
- Snoods are required for beards
- Hats and hairnets needed



Proper hand washing

- Before you start work
- After each break
- After visits to toilet
- After touching your nose, hair, ears, mouth, or face
- After handling rubbish
- Whenever necessary



How people contaminate fish

- Coughing, smoking, spitting, sneezing
- Touching hair, nose, ears and then touching fish or equipment
- Not washing or drying hands properly
- Hair or dandruff falling onto food
- Cuts, grazes, skin problems
- Stomach upsets or diarrhoea
- Colds or throat infections

No Smoking

- Fingers touch lips and transfer bacteria to food (fish), equipment or work surfaces
- Lighted cigarettes placed on work surfaces are contaminated with bacteria
- Cigarette ash can find its way into peoples' meals
- Smoking encourages coughing

Personal Appearances

- No loose jewellery
 - People can seriously injure themselves if they inadvertently swallow pieces of jewellery
- No watches
 - glass is dangerous
- Watch straps harbour bacteria
- No strong perfume or after-shave – taints fish
- Keep nail short and clean
- No nail varnish as it can crack and contaminate food (fish)



Personal Hygiene

- Shower or take a bath daily
- **Waterproof** Dressings
 - clean & brightly-coloured
- Coughing, Sneezing, Nose blowing, Spitting
 - - spread bacteria
- Smoking, Eating and Drinking
 - - spread bacteria
 - - illegal in work or storage areas
- No eating, drinking, spitting or smoking in food working or storage areas
- Illegal to knowingly **contaminate** food
- Illegal to sell food known to be contaminated
- Individual workers can be prosecuted

Why do we Clean?

- ***Legal requirement***
- ***Pleasant*** and ***safe*** working environment
- ***Favourable image*** to customers
- Reduced risk of bacterial contamination
- Remove foreign bodies from preparation and storage areas
- Premises less attractive to pests
- To allow disinfection
- Notice that **market facilities designed for ease of cleaning and disinfection**



If cleaning is not effective, then

- Foreign bodies left lying around
- Poor image displayed to customers
- Poorer quality fish
- Birds, animals, insects, rodents attracted
- Increased risk of food poisoning
- Unpleasant and unsafe working environment

Ways of cleaning

- Remove debris
- Remove dirt and grease which prevent disinfectants from working properly
- Clean with chemicals – e.g. surfactants or wetting agents – hypochlorides, soaps, foaming
- Rinse thoroughly with clean water
- Clean As-you-go is very important

Equipment and facilities used in handling fish

- Should be:-
- Easy to clean and disinfect
- Smooth
- Non-absorbent , Non-toxic
- Corrosion resistant
- Durable

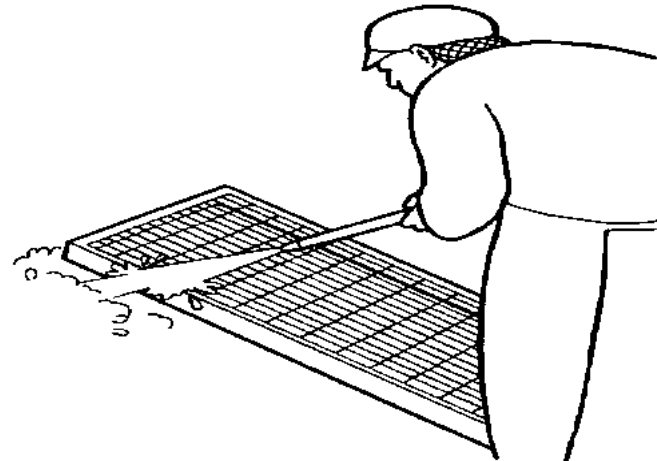


Use of cleaning schedules

- Ensure that cleaning is thorough & effective
- List all surfaces and items
- List frequency - daily, weekly, monthly
- List chemicals to be used, dilution, contact time and rinsing methods
- Who is to do the cleaning, and who is to check it
- What is to be done if cleaning is inadequate

Use of cleaning compounds: detergents, soaps, foaming, solvents

- Used for *cleaning* surfaces
- Remove dirt and fish particles
- Emulsify fats and greases
- Will wash away *some* bacteria
- ***Do not kill bacteria***



Disinfection of surfaces

- Disinfectants destroy larger numbers of bacteria
- Numbers of bacteria reduced to *safer* levels
- Spores not necessarily destroyed
- Use heat (steam) or chemicals
- Different disinfectants for different areas
 - - Chlorine based compounds (hypochlorites: e.g. sodium hypochlorite – “Javel”, “Dettol”))
 - - Alcohols (spirits)
 - - Ammonium based compounds (Quaternary Ammonium Compounds)

Sanitizers

- These are combined detergents and disinfectants

Sterilising fish contact surfaces

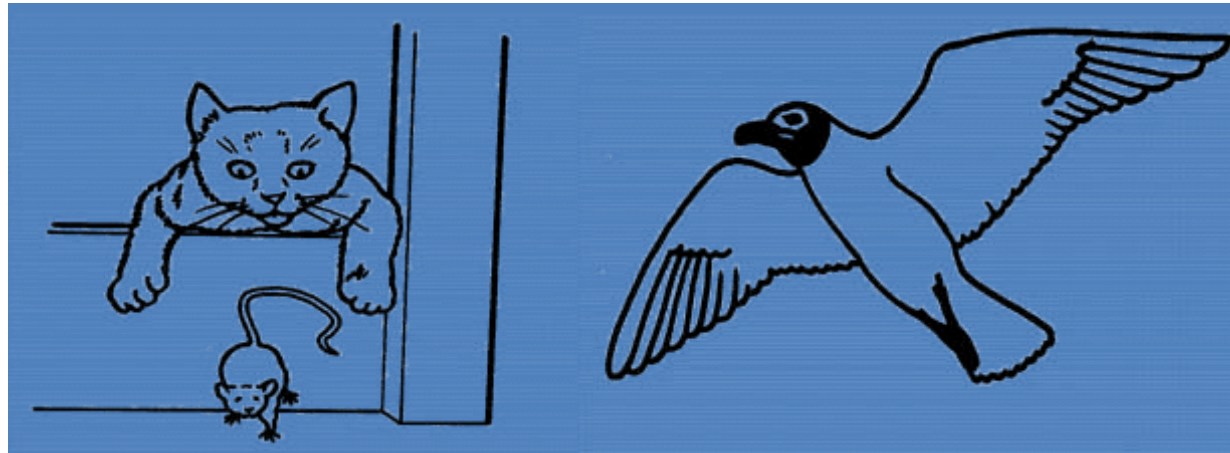
- Ensure surfaces are ***totally free*** from bacteria
- Expensive and short term
- Necessary in high-risk areas e.g. Toilets and drains
- Some equipment such as knives and chopping boards

Contamination routes

- Equipment, Utensils, Work Surfaces
- Clothing
- Toilets
- Pests (Cats, Dogs, Mice, or Rats, Birds and Insects)
- Hands
- Raw or contaminated food

Pests (Animals, birds, Insects, rodents...)

- Attracted by availability of food, waste and shelter
- Carry and spread diseases
- Contaminate food and containers
- Damage the fabric of buildings
- Damage the business image
- Unpleasant and dangerous working environment



Where have they just been?

- ***Rodents***

- - sewers, drains, undergrowth, garbage, refuse

- ***Insects (flies)***

- - faeces, rotting food, refuse

- ***Birds***

- - refuse dumps, dead animals, sewage works

- ***Cats and Dogs***

- - on the ground, amongst dirt, dump sites, everywhere