



CITRUS SATURDAY

FOOD HYGIENE & FIRST AID GUIDE



www.CitrusSaturday.org



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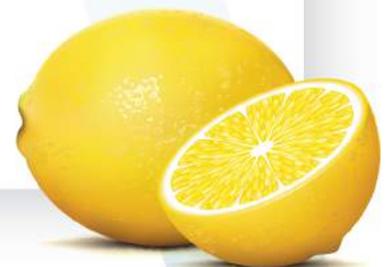
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Basic Food Hygiene

Germs are the cause of food poisoning. Just follow these simple steps to stop them spreading and help stop food poisoning occurring.

- Wear an apron.
- Tie your hair back if it is long.
- Remove bracelets, watches and rings.
- Wash your hands with warm soapy water. Remember to wash the backs of your hands and between the fingers. Use a paper towel to switch the taps off.
- Dry your hands thoroughly.
- If you can't get to water on your stall, use antibacterial wipes instead but be just as thorough.
- It's a good idea to wear disposable gloves whilst preparing the drinks
- Wash your hands after going to the toilet, emptying the rubbish, cleaning up or touching something dirty.
- Knives can be dangerous. Don't point them at people.
- If you feel ill stop making lemonade! You could spread your illness.
- Don't sneeze or cough over your ingredients, preparation area or finished drinks.
- Keep your ingredients covered. This stops animals, insects and random detritus getting into them.

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Basic First Aid

- Making lemonade is very low risk.
- As long as participants behave themselves and aren't silly they would have to try very hard to injure themselves.
- The only obvious risk comes from cutting the fruit.
- If someone does cut themselves, simply clean the cut with cold water to slow the bleeding.
- Apply a clean tissue over the cut; apply pressure to the tissue whilst holding the injury higher than the heart to further stem the bleeding.
- Apply a brightly coloured waterproof plaster (It must be brightly coloured to comply with food safety laws) and let them continue if they want to. Check for allergies to plasters before putting it on.
- Remember to watch the Food Hygiene video at the Citrus Saturday YouTube Channel (www.youtube.com/citrussaturday)



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