

OFE1

Offshore food essentials

This information will help offshore dutyholders (owners, operators and contractors) to comply with the food safety element of the Offshore Installations and Pipeline Works (Management and Administration) Regulations 1995, the Offshore Installations and Wells (Design and Construction, etc) Regulations 1996 (DCR) and the Control of Substances Hazardous to Health Regulations 2002 (COSHH), to protect workers' health.

The guidance consolidates good practice for food safety management and reinforces existing knowledge with additional information. It will help you review your existing arrangements, deliver training and when supervising activities relating to the handling of food.

It is aimed at staff whose responsibilities include managing food hygiene on offshore installations (eg camp boss/facilities manager, occupational health specialists, COSHH assessors, supervisors etc). It is also useful for trade union and employee safety representatives.

Following the guidance is not compulsory and you are free to take other action. But if you do follow this guidance you will normally be doing enough to comply with the law. Health and safety inspectors seek to secure compliance with the law and may refer to this guidance as illustrating good practice

Food safety and hygiene

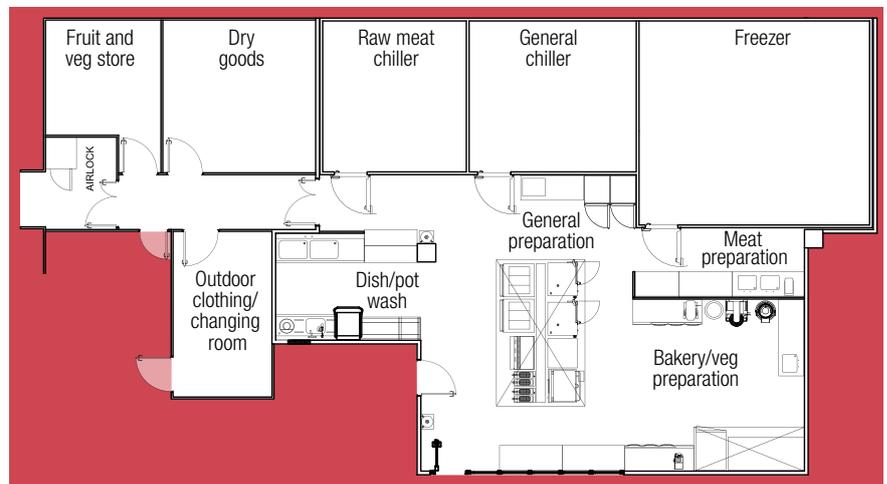
Control approach 4 Specialist advice

What this sheet covers

This sheet describes good practice to ensure the management, control and monitoring of all aspects of food safety and hygiene.

Hazards

- ✓ Microbial contamination of food by bacteria, moulds or viruses can cause food poisoning and food-borne diseases.
- ✓ Chemical contamination of food, eg pesticides, metals and residues from cleaning can taint food and cause food poisoning.
- ✓ Physical contamination of food by foreign bodies including insects may render food unfit or unsafe.
- ✓ Cleaning products used by galley staff may cause burns, eye damage and skin irritation.
- ✓ Frequent hand contact with water can cause dermatitis.



Access

- ✓ Galley staff must be medically certified as fit.
- ✓ Galley visitors must be free from any infectious condition and dressed appropriately, ie clean overcoat, footwear and head covering.

Facilities

- ✓ Galley facilities should be of sufficient size to cater for half the maximum persons on board.
- ✓ The kitchen should be larger than 10 m² and provide a minimum of 5 m² for each worker in food preparation areas.
- ✓ The layout, construction and size of the facilities should not impair food hygiene, safety or cleaning.

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- ✓ Provide a good standard of general ventilation with at least 5–10 air changes per hour.
 - ✓ Segregate food storage from food preparation areas. Restrict access.
 - ✓ Provide a dry food store that is pest proof, well ventilated, large enough for all food to be stored off the ground, and in a good state of repair.
 - ✓ Provide separate designated food preparation areas, eg butchery, bakery etc.
 - ✓ Provide good personal washing facilities with foot or knee operated taps at suitable locations.
 - ✓ Provide hand driers that prevent cross-contamination. Heated air hand driers are only suitable away from food preparation areas.
 - ✓ Provide clean lavatories for exclusive use by catering staff.
 - ✓ Where possible, provide separate accommodation for catering staff.
 - ✓ Provide storage for external clothing outside the galley area.

Equipment

- ✓ Delivery in refrigerated containers is preferred; otherwise, containers must be insulated.
- ✓ Provide colour-coded chopping boards and knives to minimise the risk of cross contamination.
- ✓ Provide canopy hoods with extract ventilation to control cooking fumes.
- ✓ Freezers and refrigerators should provide sufficient storage space to segregate high-risk and lower-risk foods.
- ✓ Ensure that walk-in storage can be opened from inside.
- ✓ Provide blast chillers for cook-chill operations and defrosting cabinets for thaw-cook operations.
- ✓ Provide waste bins with foot-pedal operated lids.
- ✓ Ensure that all equipment used to maintain food at fixed temperatures is provided with temperature monitoring gauges.

Temperature standards

Deliveries

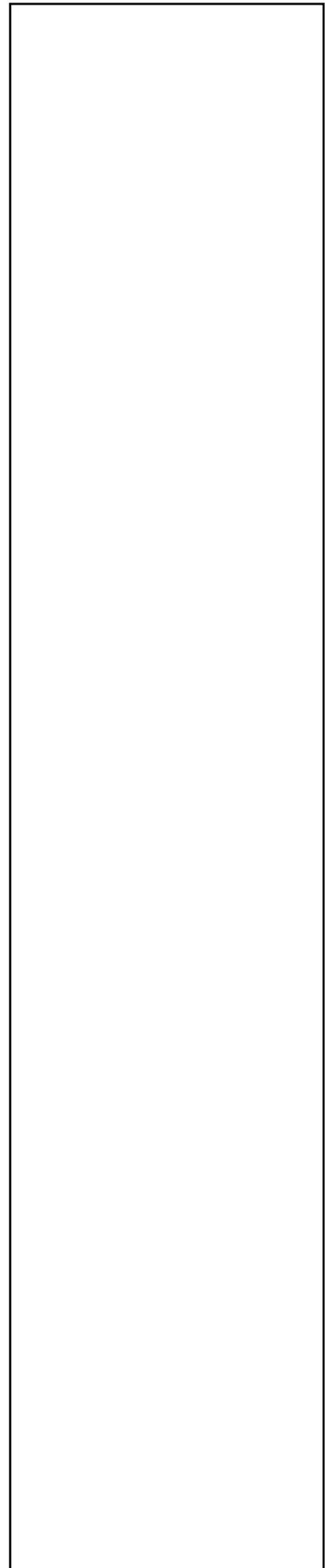
- ✓ Frozen goods below -12 °C and preferably, below -18 °C.
- ✓ Chilled goods below 5 °C.

Storage

- ✓ Frozen food must be at or below -18 °C.
- ✓ Refrigerated food between 1 °C and 5 °C.
- ✓ Ice cream below -18 °C and destroyed if its temperature exceeds -2.2 °C.
- ✓ Chillers must hold food between 0 °C and 3 °C until unloaded.

Food preparation

- ✓ Cooked food: store at or above 63 °C.
- ✓ Reheated food: should be heated to at least 82 °C. Food must not be reheated more than once.
- ✓ Cold food displays must hold food at or below 5 °C.
- ✓ Blast chillers must reduce the core temperature of the outer 50 mm layer of food from 70 °C to 3 °C or lower, within 90 minutes of being fully loaded.
- ✓ New blast chillers must have automatic controls that include a thermometer accurate within 0.5 °C, and a temperature recorder that is independently wired.



Food service

- ✓ Hot food displays must hold food at or above 63 °C.
- ✓ Cold food displays must hold food at or below 5 °C.

Procedures

- ✓ Prepare a site-specific HACCP (hazard analysis critical control point) document, which sets out who is responsible for what aspect of food safety.
- ✓ Prepare a contingency plan that covers failure of refrigeration or other service equipment.
- ✓ Prepare a contingency plan to cover an outbreak of food poisoning.
- ✓ The nominated competent person (eg offshore medic) should examine foods on receipt.
- ✓ Monitor and record the temperatures of delivered, prepared and stored food. Thermometers should be accurate within 0.5 °C.
- ✓ Plan stock rotation to control food quality – monitor expiry dates.

Personal protective equipment (PPE) – see OCM3

- ✓ Respiratory protective equipment (RPE) is not needed.
- ✓ Provide mail gloves for personnel working with cutting objects, eg knives.
- ✓ Provide protective gloves for cleaning and wet work. Single-use gloves are acceptable. If you must use latex gloves, select low-protein powder-free gloves.
- ✓ Provide full length gauntlets, impermeable coveralls and eye protection for heavy duty degreasing with caustic products.

Work uniform

- ✓ Provide colour-coded uniforms, disposable aprons and hats, and safety shoes for food preparation, serving and cleaning.

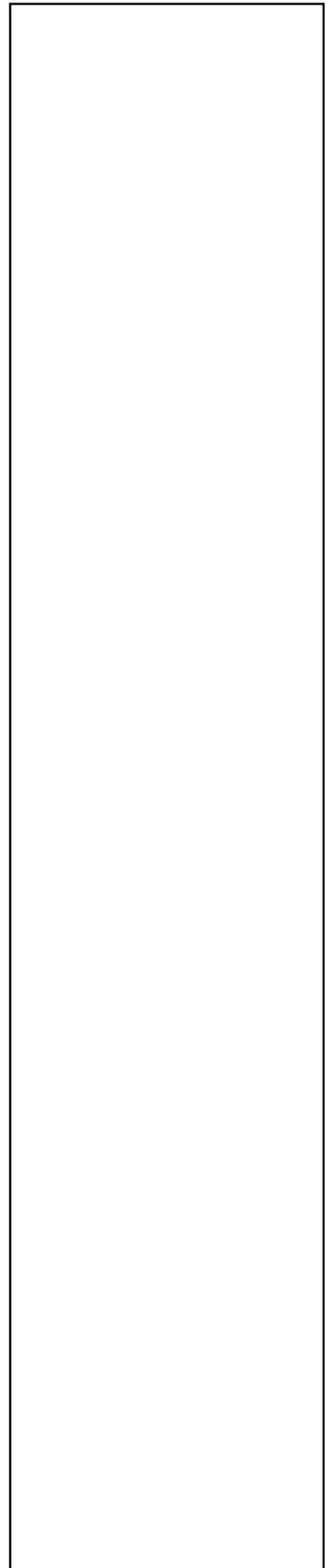
Maintenance, examination and testing

Checking and maintenance

- ✓ Plan and monitor equipment maintenance schedules.
- ✓ Only allow trained technicians to service equipment.
- ✓ Check that surfaces are clean and undamaged at the start of every shift.
- ✓ Kitchen extract systems should be checked to see that they are working and maintained to ensure their effectiveness (note: these do not come under the provisions for 14 monthly thorough examination and testing required under COSHH).
- ✓ Twice a day, check the temperatures of food storage.
- ✓ Check the food temperatures at the beginning and end of each service.
- ✓ At least once a week, check the door seals on freezers, fridges and chillers.
- ✓ At least once a month, check that temperature alarms are working.

Records

- ✓ Keep temperature and menu records for at least three months.
- ✓ Keep records of all examinations and tests for at least five years.



Cleaning and housekeeping

- ✓ Display the cleaning schedule and statement. The schedule should show:
 - the responsible person;
 - the area, equipment and surfaces to be cleaned;
 - the cleaning frequency; and
 - the cleaning method.
- ✓ The cleaner must sign the schedule with date/time.
- ✓ Clear up spills immediately. Use protective gloves.

Waste

- ✓ Dispose of food waste immediately.
- ✓ Empty and clean out waste bins regularly.
- ✓ Empty waste to designated receptacles. If these are outside, workers must wear any designated PPE.

Personal hygiene and skincare

- ✓ Provide hand wash basins with hot and cold running water.
- ✓ Provide mild skin cleansers, nailbrushes, and soft paper towels for drying. Avoid abrasive cleansers.
- ✓ Replace nailbrushes regularly.
- ✓ Instruct workers in how to clean their skin effectively.
- ✓ Galley workers should:
 - Shower before starting work, and wash before and after every break.
 - Keep fingernails short, no rings, and no nail varnish, perfume or deodorant.
 - Ensure that cuts and abrasions are covered, eg with blue plasters.
 - Report all illnesses.
- ✓ Provide pre-work skin creams, which will make it easier to wash dirt from the skin, and after-work creams to replace skin oils.

Medical and health surveillance

- ✓ Organise food handlers' medical examinations, required every two years.
- ✓ Ensure that catering workers report all illnesses to their supervisor immediately, for a decision on reporting to the offshore medic.
- ✓ Conduct low-level health surveillance for dermatitis involving skin checks by suitably trained responsible person.

Training and supervision

- ✓ Provide supervision – ensure that safe work procedures are followed.
- ✓ Review training records at least once a year, and when the work changes.
- ✓ Catering workers must have a basic food hygiene training certificate. Supervisors need an intermediate certificate.
- ✓ Training includes toolbox talks on:
 - how to check that the equipment is working properly;
 - personal hygiene;
 - how to clean up spills correctly; and
 - what to do if something goes wrong.
- ✓ Involve managers and supervisors in health and safety training.

This guidance was developed by representatives from the UK offshore oil and gas industry and trade unions, with HSE.

Employee checklist

- Is your training up to date?
- Is the equipment in good condition and working properly?
- If you find any problem, get it fixed. Don't just carry on working.
- Report all illnesses to your supervisor.

Other hazards

- Thermal – cold
- Musculoskeletal disorders – manual handling awkward heavy items in restricted places
- Fire
- Sharps
- Lone working
- Slips and trips

Useful links

Food Standards Agency
www.food.gov.uk/

You can find the full Offshore COSHH essentials series a
www.hse.gov.uk/coshh/index.htm