

SCOPE AND APPLICABILITY:

To enable food handlers with practical and theoretical knowledge on good practices in food handling and hygiene, personal hygiene, safety and foodborne illness, in order to ensure the hygienic and sanitary conditions required by national and international laws and regulations onboard vessels.

REGULATIONS & STANDARDS

- ANVISA, RDC n° 172/2003;
- ANVISA, RDC n° 173/2006;
- ANVISA, RDC n° 216/2004;
- ANVISA, RDC n° 267/2003;
- ANVISA, RDC n° 352/2002;
- Codex Alimentarius;
- C069 - Certification of Ships' Cooks Convention, 1946 (No. 69)
- International Labor Organization (ILO) MESG, Guidelines on the Training of Ships' Cooks;
- Maritime Labor Convention (MLC);
- MARPOL 73/78 – ANEXO V;
- NM ISO 22000;
- NM ISO 9001;
- NR7;
- NR10;
- NR12;
- NR24;
- NR26;
- NR37;
- Ordinance 1210/06 – Good Practice Manual for Food Handler
- SOLAS 1974;
- WHO Basic Food Safety for Health Workers;
- WHO Guide to ship sanitation.

COURSE CONTENT:

1. The legislation applicable to food safety on board:
 - 1.1. International legislation;
 - 1.2. National legislation.
2. **Hygienic manipulation of food and foodborne illness a):**
 - 2.1. What is a safe food?
 - 2.2. Food hazards;
 - 2.3. Microorganisms and their multiplication;
 - 2.4. Spores and toxins;
 - 2.5. Multiplication of viruses;
 - 2.6. Foodborne illness;
 - 2.7. Main foodborne illness caused by bacteria;
 - 2.8. Main foodborne illness caused by parasites;
 - 2.9. Main foodborne illness caused by viruses;
 - 2.10. Epidemiology of the main foodborne illness in Brazil;
 - 2.11. Epidemiology of the main foodborne illness in maritime vessels;
 - 2.12. The importance of Good Practices in the prevention foodborne illness.
3. **Notions about personal hygiene applied to food safety e):**
 - 3.1. Food Handler;
 - 3.2. Hygiene and uniform;
 - 3.3. Hand hygiene;
 - 3.4. Food handlers' health;
 - 3.5. Visitors in the food preparation area.
4. **Stages of the food and beverage production process, taking into account food safety requirements f):**
 - 4.1. Purchase and reception of raw materials, ingredients and packaging:
 - 4.1.1. Criteria for selection of suppliers;
 - 4.1.2. Good Manufacturing Practices.
 - 4.2. Food storage;
 - 4.3. Food preparation;
 - 4.4. Fruit and vegetable hygiene;
 - 4.5. Thawing;
 - 4.6. Heat treatment;
 - 4.7. Food Cooling;
 - 4.8. Prepared food holding:
 - 4.8.1. Self-service hazard.
 - 4.9. **Waste management c):**
 - 4.9.1. Special requirements for the disposal of waste.
 - 4.10. Prevention and control of vectors and pests.
5. Ways of monitoring control points and applicable standards:
 - 5.1. **Documentation, registration and role of the person in charge of the service g):**
 - 5.1.1. Good practice manual for food handler;
 - 5.1.2. Standard operating procedures;
 - 5.1.3. Hazard Analysis and Critical Control Points – HACCP.
 - 5.2. Sample collection.

Food Handling

6. **Control measures to be applied regarding food safety d):**
 - 6.1. Sanitation;
 - 6.2. Cleaning and disinfecting products;
 - 6.3. Periodicity of sanitation.
7. **Food handling environment and water care b):**
 - 7.1. Facilities, equipment and utensils;
 - 7.2. Sanitary facilities, changing rooms and hand basins;
 - 7.3. Quality of the water.
8. Considerations on health and safety at work:
 - 8.1. **Control measures and PPE's j);**
 - 8.2. **Notions about safety in the operation of equipment for baking, confectionery and meat slicers i).**
9. Nutrition, diet and allergies;
10. **Content Review h);**
11. Practical part about hands hygiene.

COURSE DESIGN:

Theoretical – 10 hours

Practical – 2 hours

TOTAL: 12 hours.

PREREQUISITE(S):

None.

MINIMUM/MAXIMUM NUMBER OF DELEGATES

This course requires a minimum of 1, and a maximum number of 12 trainees.

To offshore trainings, the course number of attendees will comply with the vessels/rig necessity.

MAIN SAFETY ISSUES:

- Basic notions about hygiene in food handling;
- Correct use of equipment such as knives, cutting boards, etc.;
- Emphasis on possible diseases present in food and their forms of transmission.

REQUIRED EQUIPMENT:

- Washbasin;
- Running water;
- Liquid soap;
- Paper towel.

PROCEDURE FOR PRACTICAL EXERCISES:

- Presentation of the correct way and all the steps to wash hands before handling food.

CERTIFICATION:

Training certificate signed by responsible Engineer accredited by Brazilian CREA.

CERTIFICATE VALIDITY PERIOD:

Recommendable: 2 years.