

## SOP-GEN-023 General Health and Safety

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### 1.0 Introduction

TDI-Brooks has developed this Galley Health and Safety plan in accordance with The Guide to Ship Sanitation from World Health Organization (WHO), IMO Guidelines on the training of ship's cooks (MESC/2013/9) and the USCG Food Service Sanitation Manual.

This document establishes the minimum sanitary requirements for maintenance and cleaning of the facilities, equipment and utensils, integrated pest management, health and hygiene control of food handlers, training of food handlers and control of quality and safety of the final product.

### 2.0 Responsibility

It is the responsibility of the Chief Mate to ensure that all crew with galley duties understand their jobs and responsibilities, maintain the galley facilities in clean and orderly condition and handle food using the correct sanitary and safety procedures.

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It is the responsibility of the cook to ensure all food is safely prepared, served and stored. This includes oversight of proper personal hygiene for the cook and all food handlers, rotation of stock, ordering food and housekeeping supplies for the vessel, as well as routine cleaning of the galley vent hood, freezers, chillers and dry stores.

Food handlers and the cook are to report to the Chief Mate any illness that includes vomiting, diarrhea, sore throat with fever, and open wounds or cuts.

### 3.0 Training Requirements

All cooks and food handlers must have a current certificate showing completion of a food safety course or equivalent.

Acceptable proofs of food safety training are current cook and messman endorsements in crew seaman’s books or third-party certificates.

Expirations are indicated in seaman’s books. If a third-party food safety training certificate does not show an expiration date, it will be five years from the date of issue for TDI-Brooks purposes.

At times, we will need to assign OSs and ABs as temporary messmen.

Food Safety Training is available on the computer based training system.

### 4.0 Food Supplies Receiving

The cook will order food and housekeeping supplies for the vessel and inspect them upon arrival for expiration dates, quality and proper temperature (frozen foods still frozen, refrigerated foods still cold).

The containers in which the food arrives will be inspected for signs of pests or insect infestation and to ensure the items received match the order.

The level of scrutiny for supplies receiving will be appropriate to the MARSEC level and will follow the vessel security plan.

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## 5.0 Food Storage Areas

Food products must be stored on pallets, and/ or shelves, taking into consideration the minimum area available so as to ensure proper ventilation, circulation, cleaning, and disinfection procedures. Moreover, these products must not be exposed to droppings, soil or other contamination.

Food must not be stored in restrooms, in or near garbage containment, engine rooms, under pipe or sewer lines, areas with water condensation, or any other area that may present a spoilage or contamination hazard.

Freezers and air conditioners must be maintained in proper condition, operation and repair so as to prevent dripping or condensation inside of storage areas or condensation over food.

Food should be kept off the floor using shelves, grating or some washable, durable material- not wood or cardboard.

All stock should be rotated on a first in – first out basis. (FIFO method) Food and storage areas should be inspected regularly and the inspections kept in a log on the bridge. Expired and spoiled food should be disposed of as soon as possible in accordance with MARPOL regulations.

## 6.0 Food Preparation and Handling

Food products must be stored and prepared at safe temperatures and using good sanitation practices as taught in the food handler safety course.

## 7.0 Food Sensitivities and Cultural Aspects

The Chief Mate should ensure the cook is aware of food sensitivities and the importance of preventing cross contamination. The cook should also be aware of cultural and religious dietary requirements of the crew. It is up to each crewman to advise the cook of his or her religious or dietary needs.

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## 8.0 Food Holding Temperatures

Food products must be held and served at safe temperatures. Cold items must be held at 41 degrees Fahrenheit or lower and hot foods must be held at 140 degrees Fahrenheit or higher.

Bacteria multiply rapidly at temperatures between 41 and 140-degrees Fahrenheit. For this reason, potentially hazardous foods which have been held at temperatures between 41 – 140 degrees Fahrenheit for longer than four hours are considered unsafe for consumption and must be destroyed.

## 9.0 Leftovers

Any food that has been served on the bain-marie during mealtimes must be discarded and may not be served on the line again.

Due the nature of the 24-hour operation of a vessel, a crewman may not be awake or on duty during meal hours and may ask the cook to make him a plate. In this case plate must be created at the beginning of the meal service, wrapped and placed in the refrigerator.

Foods leftover from meal preparation, such as vegetables, dairy products and canned foods, must be wrapped and refrigerated. Once opened, canned foods must not be stored in the cans.

## 10.0 Disposable Gloves

Disposable gloves are provided for food handling with the understanding that the use of gloves is not a substitute for hand washing. Hands must always be washed with soap and water before putting on gloves.

Gloves are to be changed at a minimum, after 4 hours of continuous similar activity, after handling raw meat, poultry or seafood and when changing activities, such as going from raw foods to preparing ready to eat foods.

## 11.0 Aprons and Cut Resistant Gloves

Aprons and cut resistant gloves are to be supplied by TDI-Brooks in sufficient quantity that they may be washed daily and replaced if soiled throughout the day.

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## 12.0 Personal Hygiene

Galley personnel must maintain high standards of personal hygiene. Clothing should be neat and clean. Fingernails shall be clean and short with no polish or lacquer. No artificial nails allowed. Hair will be clean and neatly trimmed. Long hair must be pulled back and sanitary head gear worn. This can be a clean cap, chef's hat, bandana or hair net at the discretion of the Chief Mate.

## 13.0 Hand Washing

At a minimum, galley crew shall thoroughly wash their hands and exposed portions of their arms with soap and warm water:

- Before starting work
- During work as often as necessary to keep them clean
- After smoking, eating or drinking
- After using the toilet
- After garbage handling or other cleaning duties

## 14.0 Inspections

It is the responsibility of the Chief Mate to inspect the galley weekly and file the inspections on the bridge.

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