

Good Hygiene Practices (GHP)

Introduction

Good Hygiene Practices, or GHPs, form the basis of all food hygiene systems that support the production of safe and suitable food. Food business operators must be aware of hazards that could affect their food and ensure that such hazards are properly managed to protect consumer health. GHPs are the foundation of any effective food safety management programme, and implementing them gives food business operators a system for controlling food safety hazards.

Content

1. Food Contamination

- Types of food contamination
 - Source of food contamination
- Factors affecting microbial growth
 - Intrinsic factors
 - Extrinsic factors
- Food contamination control measures

2. Food Spoilage & Prevention

- Definitions
- Difference between food spoilage & food contamination
- Food preservation

3. Cleaning & Sanitation

- Definitions
- Importance of cleaning
- How to clean, using the right tools
- Detergents and how they are working
- Cleaning basics
- CIP/COP
- Disinfectants and sanitizers
- Implement cleaning and sanitizing program
- Cleaning and sanitizing checklist

4. Personal Hygiene

- Definitions
- Hazards can be introduced by food handlers

| Memberships | | | | Quality System | |
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- Food handlers uniform & workwear characters
- Hand Washing method and its requirements
- Health status of food handlers and legal requirements
- Personal hygiene supervising checklist
- Personal behaviors
- Personal illness & injury
- Staff facilities

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