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| Appalachian National Scenic Trail | | 1. WORK PROJECT/ACTIVITY Food Preparation | 2. LOCATION TRAIL WIDE | Includes work performed on lands of National Park Service, USDA Forest Service, and various states' park and lands |
| JOB HAZARD ANALYSIS (JHA) References-FSH 6709.11 and -12 OSHA (Instructions on Reverse) | | 3. NAME(S) OF ANALYST(S) Keith Stegall, Facility Manager | 4. Work Supervisor Various | 5. DATE PREPARED 5/13/2019 |
| Required Standards and General Notes: | Conform to state or local food service requirements. | | | |
| Required Personal Protective Equipment | Close-toed shoes, preferably with non-skid soles. | | | |
| Tools and Equipment | first aid kit | | | |
| Available Training | ServSafe (™) | | | |
| 7. TASKS/PROCEDURES | | 8. HAZARDS, POTENTIAL HAZARDS / INJURY SOURCE | 9. ABATEMENT ACTIONS OR PROCEDURES Engineering Controls * Substitution * Administrative Controls * PPE | |
| Pre-Food preparation | | Lack of training / experience | <ul style="list-style-type: none"> ● Food handlers should be trained in food safety if possible. Recommended Trainings: <ul style="list-style-type: none"> ○ One source for free food handler training is available at https://www.ihs.gov/foodhandler/. ○ ServSafe is one company that provides training and certificates for a fee at https://www.servsafe.com/. | |
| | | Transfer of germs/ Exposure to illness | <ul style="list-style-type: none"> ● Stay home and do not volunteer if you have a cold, fever, stomach illness, open sores/infected cuts on hands, or other infectious medical conditions. ● Wash hands prior to handling food, frequently while preparing foods, and always after breaks. ● Plan to use tested recipes to avoid the need for tasting. | |
| | | Exposure to bacteria | <ul style="list-style-type: none"> ● Before preparing food, ensure food is fresh and well packaged. If food shows signs of contamination, rot, decay, discolorations, etc. thoroughly inspect it and if determined to be unsuitable for consumption, dispose of immediately. | |

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| | Lack of Site Preparation | <ul style="list-style-type: none"> ● Ensure your food preparation site is neat and tidy and void of sharp edges, slippery surfaces, obtrusive obstacles, etc. ● Ensure all unused/needed cooking appliances are turned off and put away. ● Ensure lighting is adequate. ● Ensure there is enough space for the number of staff, type of work, cooking gear used, and food being prepared to safely perform your work. ● Determine and identify escape routes and emergency exits. |
| | Lack of Pre-Preparation communication | <ul style="list-style-type: none"> ● When working in teams, always communicate what the preparation plan is: <ul style="list-style-type: none"> ○ What are everyone's roles and responsibilities. ○ Location of fire extinguishers and escape routes in case of fire. ○ Where the Safety Data Sheets (SDS) are located and how to use them. |
| Food preparation | Injury due to working with knives. | <ul style="list-style-type: none"> ● Always pay attention to work. Know where your hands are and finger are. ● Always know where your knives are placed/staged. ● When working around others, ensure you do not make sudden turns when hold knives. ● Keep knife edge pointed away from you and others when walking in hand. ● Keep knives sharp and in good condition and store in a safe location ● Use cut resistant gloves where applicable ● If cut, treat wound immediately, use food-service type bandages (typically blue). |
| | Transfer of germs/ Exposure to illness | <ul style="list-style-type: none"> ● Do not allow persons who are ill to prepare food, food handlers should be free of symptoms such as diarrhea, fever, vomiting, jaundice, sore throat with fever or open cuts or sores on the hands or wrists. ● Food handlers must thoroughly wash hands with soap and water before working with food, after breaks and after using the bathroom and any other time their hands become contaminated. ● Do not participate in other tasks (handling paperwork, unloading supplies, etc) while working with food. ● Minimize bare hand contact with food by using appropriate gloves, tongs, ladles, and other utensils as much as possible. ● Restrain hair by using hairnets or other appropriate covers whenever possible. |

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| | | <ul style="list-style-type: none"> ● Avoid wearing jewelry: rings, watches, and bracelets can trap dirt and bacteria; earrings and other jewelry can fall into food. ● When possible, provide a field handwashing station - container with spigot, free flow of water and catch basin, soap and paper towels. ● Keep fingernails clean, unpolished, and trimmed short. Nail polish can chip; long or artificial nails can break into food. |
| | Exposure to bacteria | <ul style="list-style-type: none"> ● Ensure time/temperature control for safety (TCS) cold foods are maintained at 41 F or lower. ● Ensure TCS hot food is maintained at 135F or more. ● Don't leave TCS food out at ambient temperature (i.e., temperature danger zone is between 41F to 135F) for more than 2 hours, consider discarding if time is exceeded. ● Prepare only what you need for a meal, discard any TCS leftovers (i.e., do not serve them at the next meal or on the next day). ● Do not prepare TCS food in advance of service and then cool it down for later service. ● Store food in clean sanitized food grade containers or plastic bags. Garbage bags are not allowed. ● Store raw meats separately so that they will not contaminate other foods. Store these in a dedicated, separate cooler when possible. ● Cook raw meats thoroughly, required minimum cooking temperatures are: <ul style="list-style-type: none"> ○ Poultry 165F ○ Stuffed meats 165F ○ Ground beef, pork, veal, lamb 155F ○ Whole cuts of pork, beef, veal, lamb 145F ○ Fish 145F ○ When in doubt cook it to 165F ● Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill. ● Provide an approved, clean and sanitized food thermometer and use it frequently for measuring food temperatures during cooking and holding (0F-220F). |

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| | <ul style="list-style-type: none"> ● Ensure all food items are purchased from an approved source (e.g., grocery store, USDA labeled meats). ● After preparing uncooked foods such as poultry, shellfish, raw eggs, etc., always clean your food prep tools, including cutting boards with soap and water prior to using with any other food types. ● Provide covers, plastic wrap and/or foil to cover food containers during holding. ● Food handlers will not eat while preparing food. |
| Exposure to burns from hot surfaces or hot foods or liquids | <ul style="list-style-type: none"> ● Use gloves, hot pads, and/or oven mitts when handling hot dishes and working with hot surfaces. As a precaution, always assume active cookware is hot. ● Do not set hot liquids in precarious locations where they can be tipped over. ● Utilize clear communication with others in the kitchen when carrying hot items and/or turning on an appliance that may burn someone. ● Do not leave hot surfaces or liquids unattended. ● Never pour water into a pot/pan with grease in it while it is hot. This could create a grease fire. ● Keep lids on pots and pans to reduce splatter of hot water and food. ● Don't pour hot liquids into handheld cups. |
| Untidy / messy work space | <ul style="list-style-type: none"> ● Keep food preparation site in neat and tidy and void of sharp edges, slippery surfaces, obtrusive obstacles, etc. ● Keep all unused/needed cooking appliances turned off and put away. ● Ensure there is enough space for the number of staff, type of work, cooking gear used, and food being prepared to safely perform your work. ● Keep escape routes and emergency exits clear at all times. |
| Strains and sprains | <ul style="list-style-type: none"> ● When lifting and carrying heavy or bulky items, lift with legs, keep back as straight as possible. Carry load close to body. Be aware of changes in surface level. |
| Reactions from food allergy exposure and/or food restrictions | <ul style="list-style-type: none"> ● Be familiar with dietary restrictions and food allergies for people being fed; plan meals accordingly. ● Label cutting boards so that vegetable-only and meat-only preparation occurs appropriately. |

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| Clean-up | Transfer of germs/Exposure to illness | <ul style="list-style-type: none"> ● Wipe surfaces and mop floors with approved cleaning products; wear appropriate PPE. ● Follow a three step process for dishwashing, 1-wash with soapy water, 2-rinse with plain water, 3-sanitize with bleach and water solution (100ppm or a capful to gallon); use three separate bins to carry out each step. ● Store food in animal and insect proof storage containers. ● Keep work areas, including floor surfaces, clean and free of obstructions or unneeded equipment. ● Label toxic materials and store them separately from foods, utensils, and food containers. ● Ensure all grey water and refuse is disposed of properly or removed. |
| | Dishwashing (by hand) injury | <ul style="list-style-type: none"> ● Be aware of water temperatures to avoid burn injury. ● Never drop sharps to the bottom of the basin; wash through the cycle completely in a single step. |
| Handling Bulk Materials | Strains and sprains | <ul style="list-style-type: none"> ● When lifting and carrying heavy or bulky items, lift with legs, keep back as straight as possible. Carry load close to body. Be aware of changes in surface level. |
| 10. OFFICIAL SIGNATURE  | 11. TITLE Acting Chief Ranger - Safety Officer | 12. DATE 6/6/19 |

Previous edition is obsolete

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