



# BASIC FOOD SAFETY & HYGIENE

**In-house course:** Basic Food Safety and Hygiene

**Equipment/Facilities:** iLearn module + Virtual Classroom

**Regulations/Industry Best Practice reference:**

HACCP Principles

**Certification:** OSM

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## SCOPE & PURPOSE

This course is aimed for all new and existing Stewards / 2nd cooks / Chief Cooks/ Chief Stewards of OSM Maritime Services Inc. who **will** handle food and drinks as part of their everyday or occasional working routines.

## TRAINING OBJECTIVES

At the end of the course, the participants will be able to:

- Define and comprehend the importance of food safety and hygiene principals.
- Understand his/her personal and legal responsibilities – food has a long journey from growing, harvesting, delivery, preparation through to until being eaten consumed. This is covered and monitored by different food safety and hygiene legislations.
- Comprehend the meaning of food borne pathogens, diseases and cross contamination and the importance of basic food safety practices in a catering operation.
- Understand how food becomes contaminated, explore food safety hazards and know how they arise and how they can be prevented and controlled.
- Understand how to prevent contamination through good personal and environmental hygiene practices and knows how to maintain clean pest free conditions.
- Apply good manufacturing practices (GMP) for thawing, processing, cooking and serving ingredients within appropriate time frames and temperature zones.
- Properly handle, store, recycle or reheat leftover food.
- Handle cleaning agents safely and execute basic pest control prevention measures.
- Perform control functions in basic hazard analyses and identification of critical control points (HACCP) and prevent food spoilage or food poisoning risks.

## Entry Standards

- Has onboard experience either as Messboy, Steward/ Messman, Cook or Chief Steward.
- Completed the iLearn Module

**COURSE DURATION** (*Training hours indicated does not include offline activities/ or exercises*)

iLearn: 6.0 hours

Virtual Class: 9.0 hours