



HSF Training Ltd Newsletter

Issue 28 June 2017

Welcome

Welcome to HSF Training Ltd's June newsletter. This month we're focusing on the use of a fire blanket, and we take a look at the hazards and controls surrounding the popular trend for serving rare burgers and other lightly cooked foods.

We also have an amazing summer special offer on all of our open courses in August to celebrate our 20th Birthday, see below for more information.

We hope you enjoy the newsletter and see you next month!

From all of the team at HSF Training Ltd.

In this issue:

- Quality Assurance review from IOSH
- The use of Fire Blankets article
- Rare burgers and lightly cooked food article
- L2 Award in Food Allergen Awareness
- Super Birthday Summer Sale - special offers

All of us at HSF Training Ltd. are delighted with our Quality Assurance Review result from IOSH!



Our audit outcome is:

Outstanding with recommendation.

IOSH's audit grades state that outstanding means:

Outstanding provision is highly effective in exceeding all IOSH standards in the audit.

The Use of a Fire Blanket



In order for a fire to start, three elements are required, heat, fuel and oxygen. By removing one of these three elements, fires can be prevented or, if they do start, extinguished.

A fire blanket is made with glass fibre fabric with a fire-resistant coating and smothers the oxygen. Fire blankets are generally recommended for kitchens, as they can be used on small scale fires, especially those involving pans. Commercial kitchens may also have a wet chemical foam extinguisher as this is specifically designed for use on cooking oil and fat fires. Fire

blankets can also be used if someone's clothing is alight, as the fire blanket can be wrapped around them to smother the fire.

Fire is dangerous and can quickly spread out of control, particularly if not dealt with effectively. For example, water should never be thrown over a frying or chip pan fire as it can cause the oil to spatter, thus helping to spread the fire and possibly causing significant burns to the person throwing the water. Also, using a wet tea towel to put out fires was advised against by the government in 2008 as they often do not effectively control the fire. Prior to attempting to extinguish any fire, assess the situation and consider whether:

- The fire equipment is suitable to extinguish the fire (is there enough media in an extinguisher or is the fire blanket large enough and is it safe to use on that type of fire?)
- You can still make a safe escape if it does not extinguish the fire
- The alarm has been raised to alert others in the building of the need to evacuate.

If you believe the fire is too big to tackle, follow your fire evacuation procedure - such as raising the alarm for evacuation and ensuring the fire brigade have been called. As a general guide, any fire bigger than an average waste paper bin is best left to the professionals.

To use a fire blanket on a pan fire

1. Pull the fire blanket out by pulling the two black tabs.
2. Hold the fire blanket by two corners and gather enough material to make handle bars (like of a bicycle)
3. Tuck your thumbs under so that your hands are covered by the fire blanket
4. Walk toward the pan fire with the fire blanket held out in front of you
5. Gently place the blanket over the pan (do not throw it), ensuring the pan is completely covered
6. Once the pan is covered, turn off the source of the heat
7. Leave the blanket in place for at least 30 minutes to an hour to make sure the fire does not reignite
8. Close the kitchen door and leave the room and call the fire brigade so they can check that everything is safe to re-enter the building.

If someone is on fire you should advise them to STOP, DROP and ROLL. If they run around, this will encourage the fire to spread. Using the blanket as detailed above, cover the person with the blanket to smother the flames.

As with any fire equipment, correct use of a fire blanket is essential to ensure the fire is extinguished quickly and the user and others are not put at risk of harm.

For more information regarding the practical and engaging fire safety training we offer, please [contact us](#).

Rare burgers and other lightly cooked food



It is common for steak to be served rare or medium without any significant risks of food poisoning, however, the safety of the current trend toward serving rare burgers and other lightly cooked food is a topical subject of confusion and conflicting opinion. The main argument against serving rare or lightly cooked

burgers is due to the increased risk of microbiological contamination and survival.

Commonly, if raw beef is contaminated with pathogens, such as E Coli, the contamination is likely to be on the surface of the meat, cooking the outside of a whole piece of muscle meat, such as steak so it is seared on the outside but still rare inside will, if done correctly, destroy those pathogens and the steak will be safe to eat. As beef mince has been chopped up and mixed though, the pathogens on surface of the meat are now spread throughout the meat and not just on the surface and if a suitable core temperature of the burger is not achieved, there is a real danger that these pathogens will survive and could potentially cause serious food poisoning. This is an even bigger potential problem in the case of some strains of pathogens such as for E.coli O157, as the infective dose is low and so a person does not need to consume very many in order to become ill.

The Food Standards Agency (FSA) have published guidance to food business operators and caterers regarding the safe production of beef burgers, which stops short of banning the sale of this type of food, provided they adhere to the following:

- Sourcing meat only from establishments with specific controls in place to minimise the risk of contamination of meat intended to be eaten raw or lightly cooked.
- Ensuring that the supplier carries out appropriate testing of raw meat to check that their procedures for minimising contamination are working.
- Ensuring strict temperature control to prevent growth of any pathogens and appropriate preparation and cooking procedures.
- Notifying their local authority if they are serving burgers that aren't thoroughly cooked.
- Providing advice to consumers, for example on menus, regarding the additional risk.

Guidance for cooking beef burgers at home remains unchanged: all beef burgers should be thoroughly cooked with no pink meat.

It is also important to recognise that those groups at risk (very young, elderly, pregnant or immune compromised) of becoming seriously ill or dying due to pathogens should not eat rare or lightly cooked burgers.

Many local authorities will require for the business to be able to validate that their cooking methods are effective and that the food served is not going to cause harm. This frequently means implementing a sampling programme, which often involve a substantial cost investment, they will also need to ensure their Food Safety Management system is suitably updated. All business should carefully risk assess whether the controls required can be effectively developed, implemented in their business before deciding whether to offer this kind of food provision.



L2 Award in Food Allergen Awareness

We now deliver the new qualification, HABC Level 2 Award in Food Allergen Awareness and Control in Catering course? We have an amazing introductory offer for this 1 day course of only £35+VAT per delegate to include examination entry and full course notes.

We have courses scheduled on the 8th of August and the 15th August, or we can deliver this at your premises for an agreed daily rate at a date to suit you. [contact us](#) to discuss your needs further.

Super Summer Sale

To celebrate our 20th birthday, we are offering huge discounts on some of our open courses at our training room in Sunderland throughout August, for less than half price.

Spaces are limited, so book today by calling us on **0191 5022515**, email us on info@hsftraining.co.uk or book online at www.hsftraining.co.uk

1 day Emergency First Aid at Work

£30 + VAT per delegate (*usually £60 + VAT*)

10th August 11th August
21st August 25th August

3 day First Aid at Work

£80 + VAT per delegate (*usually £170 + VAT*)

2nd – 4th August 14th – 16th August

2 day First Aid at Work Revalidation

£55 + VAT per delegate (*usually £115 + VAT*)

31st July -1st August 17th -18th August

2 day Paediatric First Aid

£55 + VAT per delegate

23rd—24th August

New 1 day AED, Tourniquet and Haemostatic Dressing

£30 + VAT per delegate

22nd August

Level 2 Award in Food Safety

£35 + VAT per delegate *usually £75 + VAT*)

7th August 14th August

New Level 2 Award in Food Allergen Awareness and control in Catering

£35 + VAT per delegate

8th August 15th August

In the next issue...

That's it for this month. Join us again next month for more topical subjects.