

GOOD HYGENIC PRACTICES (GHP)



BY

SREELEKHA K
SAPNA RAVEENDRAN
MANJU M J
SOUMYA PRAKASH
AMALU JOHNY
SHIKHA K A
KALA WILSON
YASMIN N R
SREERAJ P MANI



INTRODUCTION

HYGIENE

It refers to the set of practices associated with the preservation of health and healthy living.

CONCEPT OF HYGIENE

- The term "hygiene" is derived from hygeia, the Greek Goddess of health, cleanliness and sanitation
- A concept related to medicine, personnel and professional practices related to most aspects of living.



GHP

- **Good Hygienic Practices deal with safety and suitability requirements to be followed world-wide**
- **GHP include all practices regarding the conditions and measures necessary to ensure it**

Medical hygiene

- Medical hygiene pertains to the hygiene practices related to the administration of medicine, and medical care, that prevents or minimizes disease and the spreading of disease.
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Body hygiene

- Body hygiene pertains to hygiene practices performed by an individual to care for one's bodily health and well being, through cleanliness.

Culinary hygiene

- Culinary hygiene pertains to the practices related to food management and cooking to prevent food contamination, prevent food poisoning and minimize the transmission of disease to other foods, humans or animals. Culinary hygiene practices specify safe ways to handle, store, prepare, serve and eat food.

- Culinary practices include:
- Cleaning and sterilization of food-preparation areas and equipment (for example using designated cutting boards for preparing raw meats and vegetables).
- Proper storage of food so as to prevent contamination by vermin.
- Refrigeration of foods (and avoidance of specific foods in environments where refrigeration is or was not feasible).
- Labeling food to indicate when it was produced (or, as food manufacturers prefer, to indicate its "best before" date).

Personal service hygiene

- Personal service hygiene pertains to the practices related to the care and use of instruments used in the administration of personal care services to people:
- Personal hygiene practices include:
- Sterilization of instruments used by service providers including hairdressers, aestheticians, and other service providers.
- Sterilization by of instruments used in body piercing and tattoo marking.
- Cleaning hands.

Food hygiene

There are some essential principles of food hygiene to achieve the goal of ensuring that food is safe and suitable for human consumption

Food safety

Assurance that food will not cause harm to the consumer when it is prepared and /or eaten

Food suitability

**Assurance that food is acceptable
for human consumption**

Contaminant

Any biological or chemical agent, foreign matter, or substances not intentionally added to food which may compromise food safety or suitability

Contamination

The introduction or occurrence of a contaminant in a food or food environment

Cleaning

The removal of soil, food residue, dirt, grease or other objectionable matter

Disinfection

The reduction, by means of chemical agents and/or physical methods, of the number of microorganisms in the environment, to a level that does not compromise food safety or suitability

Areas examined under GHP

- 1. Primary production**
- 2. Establishment: design and facilities**
- 3. Control of operation**
- 4. Establishment: maintenance and sanitation**
- 5. Establishment: personal hygiene**
- 6. Transportation**
- 7. Product information and consumer awareness**
- 8. Training**

Primary production

- Hygienic practices should reduce the likelihood of introducing hazards that may be difficult or impossible to control at later stages of the food chain
- Examples: pesticides, antibiotics, mycotoxins, microorganisms in foods eaten raw or fresh

Establishment : design (1)

Premises, equipment, surfaces and facilities should be located, designed and constructed to ensure:

- minimum contamination**
- proper maintenance, cleaning, disinfection**
- protection against pests**

Establishment: design (2)

Evaluation of the premises takes into account:

- 1. Location**
- 2. Equipment**
- 3. Facilities :**
 - **water**
 - **air**
 - **lighting**
 - **storage**

Establishment : practice

- “Good housekeeping” applies to the surroundings and the roof of the establishment
- Pest control starts at the boundaries of the premises
- Water management deals with incoming and used water
- Windows are closed or screened
- Internal surfaces are smooth and easy to clean
- Floors have rounded corners
- Ceilings and ducts are accessible for cleaning

Establishment : practice (cont.)

- Dry zones are designed to remain dry
- Drains can be cleaned
- Cable trays carry cables, not dirt or dust
- Only potable water is in contact with food
- Air handling systems deliver the required air quality (and not contaminants)
- Doors are closed when not used

Control of operation

- Control of food hazards through HACCP
- Hygiene control:
 1. Time & temperature
 2. Humidity
 3. contamination
 4. Microbiological specifications
- Incoming materials (incl. packaging materials)
- Water, air, steam
- Management, documentation, recall procedures

Control : practice

- **Keep potentially contaminated materials separated from uncontaminated ones**
- **Assure effectiveness of treatments**
- **Assure effectiveness of cleaning**
- **Assure reliability of measurements, tests and recording**
- **Perform hazard analysis when changes occur**
- **Assure updating of HACCP plan**

Establishment : maintenance & sanitation

***Objective to control possible sources
of food contamination through:***

- Maintenance and cleaning**
- Pest control systems**
- Waste management**
- Monitoring**

Maintenance

Establishments and equipment should be kept in condition to:

- facilitate sanitation procedures
- function as intended, particularly at Critical Control Points (CCPs)
- prevent contamination of food e.g. debris, chemicals, pests, dust etc.

Cleaning

Cleaning procedures involve:

- **removing gross debris from surfaces**
- **applying a detergent solution**
- **rinsing with water**
- **disinfection where necessary**
- **dry cleaning**

Pest control

- **Good hygienic practices should:**
- **prevent pests from entering the premises**
- **protect food from pests**
- **eradicate infestations immediately**
- **include regular inspections**

Transportation

- **Measures should be taken to :**
- **protect food from :**
 - i) contamination sources**
 - ii) damage likely to render the food unsuitable for consumption**
- **provide an environment which controls the growth of pathogenic or spoilage microorganisms and the production of toxins in food**

Product information and consumer awareness

- **Product information**
- **Labelling**
- **Consumer education**

Consumer information

- Consumers should know enough about food hygiene to be able to :
- understand the importance of product information
- make informed choices appropriate to the individual
- prevent contamination and growth or survival of food borne pathogens by storing, preparing and using it correctly

Training

- Awareness and responsibilities
- Training programmes
- Instruction and supervision
- Refresher training

KEY MESSAGES

- **Good Manufacturing Practices** are the basis of the production and preparation of safe food
- **Good Hygienic Practices** deal with safety and suitability requirements to be followed worldwide
- Each food operation should adapt existing codes to their specific set of conditions
- Food operations should also decide which practices are critical for the safety of a product and thus have to be included in the HACCP plan