

Person in Charge Study Guide

Person in Charge (PIC)

- The individual present at a food service operation (FSO) or retail food establishment (RFE) who is responsible for the operation at the time of inspection.
 - Demonstrate a basic knowledge of proper food handling
 - Ensure compliance with the Ohio Revised Code 3717
 - Serve as a liaison between the operation and your inspector
 - Able to answer questions that the sanitarian has about the processes conducted in the facility
 - A minimum of 1 PIC is available during all hours of operation
 - Knowledge of the CDC Risk Factors
 - Lead by example

Three routes of disease transmission

- Person
 - Improper hand washing and handling
- Pathogen
 - The Big 6
 - Norovirus (Virus)
 - Hepatitis A (Virus)
 - Salmonella Typhi (Bacteria)
 - Shigella (Bacteria)
 - Escherichia O157:H7 (Shiga-toxin Producing Bacteria)
 - Non-typhoidal Salmonella (Bacteria)
 -
- Pathway

Immunocompromised

- A group of persons who have impaired or weakened immune system
 - Elderly
 - Young children

When should an employee report their symptoms to the PIC?

- If you are experiencing symptoms of illness
 - Diarrhea, vomiting, jaundice, sore throat with fever
- If you have other conditions that could be contagious
 - Lesions or open wounds
- If you have a confirmed illness

When should a PIC restrict or exclude a food service employee?

- The person in charge shall **restrict** the duties of a food employee of a food service operation or retail food establishment that has any of the symptoms listed:
 - Diarrhea
 - Vomiting
 - Jaundice
 - sore throat with fever
 - A lesion containing pus such as a boil or infected wound that is open or draining and is:
 - On the hands or wrists, unless an impermeable cover such as a finger cot or stall protects the lesion and a single-use glove is worn over the impermeable cover;
 - On exposed portions of the arms, unless the lesion is protected by an impermeable cover; or
 - On other parts of the body, unless the lesion is covered by a dry, durable, tight-fitting bandage.

- The person in charge shall **exclude** a food employee diagnosed with illnesses listed:
 - Campylobacter
 - Cryptosporidium
 - Cyclospora
 - Entamoeba histolytica
 - Enterohemorrhagic or shiga toxin-producing Escherichia coli
 - Giardia
 - Hepatitis A
 - Norovirus
 - Salmonella spp
 - Salmonella Typhi
 - Shigella
 - Vibrio cholerae
 - Yersinia

What are the five 5 CDC risk factors?

- Food from unsafe sources
- Inadequate cooking temperatures of food
- Improper hot and cold holding temperatures of TCS foods
- Contaminated Equipment and Utensils
- Poor Employee health and Hygiene

What is the definition of Time and Temperature Controlled for Safety (TCS) food?

- Foods that requires time and temperature control for safety to limit pathogenic microorganism growth or toxin

When should employees date mark TCS food item under refrigeration?

- Refrigerated, ready-to-eat, time/temperature controlled for safety food prepared and held in a food service operation or in a retail food establishment for more than twenty-four hours:

- shall be clearly marked to indicate the date food shall be consumed on the premises, sold, or discarded
- held at a temperature of forty-one degrees Fahrenheit (five degrees Celsius) or less
- Kept for a maximum of seven days
- The day of preparation shall be counted as day one.

What are the 6 favorable conditions required for the growth of foodborne pathogens (FAT-TOM)?

- Food
- Acidity
- Time
- Temperature
- Oxygen
- Moisture

What information needs to be provided on a pre-packaged food label?

- The common name of the food
- If made from two or more ingredients, a list of ingredients and sub-ingredients in descending order of predominance by weight
- An accurate declaration of the quantity of contents
- The name and place of business of the manufacturer, packer, or distributor
- The name of the food source for each major food allergen contained in the food unless the food source is already part of the common or usual name of the respective ingredient.

What are the 4 ways to thaw food items?

- Refrigeration
- Cold running water
- Part of the cooking process
- Microwaving

Hot items should be held at what temperature?

- 135° F or higher

Cold items should be held at what temperature?

- 41° F or below

What is the minimum cooking temperature:

- Fish- 145° F
- Beef (whole cuts)- 145° F
- Ground beef- 155° F
- Pork-155° F
- Chicken- 165° F
- Bulk eggs- 165° F
- Turkey- 165° F
- Stuffed items- 165° F

What is the total time allowed to cool an item?

- Six hours.

What is the two-step process to cool an item?

- Within two hours from 135° F to 70° F and within four hour 70° F to 41° F or less. (total of 6 hours)

What is the one-step method of cooling?

- If prepared from ingredients at ambient temperature, such as reconstituted foods and canned tuna.
 - Cooled within four hours to 41° F or less.

What is the minimum temperature for reheating an item?

- Rapidly to 165° F within two hours or throw out!

What is the required amount of time to hold the food item(s) at the minimum cooking/reheating temperatures?

- Fifteen seconds

Give examples of the following contaminants:

- Physical- Hair, Glass, jewelry, dirt, pest
- Chemical- Cleaning solutions, pesticides, soaps, detergents
- Biological- Bacteria, Virus, Parasites, molds

The proper storage of food items, from top to bottom

- 135°F-Precooked food items, commercially prepared foods, produce Ready to eat food items (Top)
- 145°F – Fish
- 155°F – Ground beef/pork, bulk eggs
- 165°F – Poultry, exotic and stuffed meats (Bottom)

What is the temperature danger zone?

- 41° F to 135° F

Major allergens (MWF SEPT)

- **Milk**
- **Wheat**
- **Fish**
- **Soybeans**
- **Shellfish**
- **Eggs**
- **Peanuts**
- **Treenuts**

What is the difference between cleaning and sanitizing?

- Cleaning- use soap and water to remove the visible debris
- Sanitizing- use an approved method to reduce the pathogen levels

If something is sanitized, is it also sterilized?

- No

What is the proper set-up of a 3 compartment sink, from left to right?

- Wash> Rinse> Sanitize

What is the minimum final rinse temperature a high-temperature dish machine should reach at plate level?

- 160° F at the plate

What is the best way to prevent viral illness from person to person?

- Hand washing

What is the appropriate amount of time for hand washing?

- 20 Seconds of hand washing

When should you wash hands?

- After a break
 - Smoking, eating, drinking
- After using the restroom
- Before putting on gloves and starting food preparation
- Between tasks

When should you change gloves?

- When gloves are damaged
- When gloves are soiled
- When interruption in task occurs

What does "Food Defense" mean?

- The effort to protect food products from acts of intentional adulteration or contamination

How can employees defend our food?

- Follow company food defense plan and procedures
- Inspect your work area and surrounding areas

- Recognize anything out of the ordinary
- Secure all ingredients, supplies, and finished product
- Tell management if you notice anything unusual or suspicious

What is deliberate contamination?

- Tampering with food products intentionally with the hope of a negative outcome using biological, physical, and chemical contaminants

What is a quality assurance program and why is it significant?

- Process of monitoring services and facilities to ensure standards of quality are being met
 - Temperature documenting
- Consistently provides wholesome foods , demonstrates equipment problems, reduces waste, limits liability, helps control the flow of food

What is a contingency plan and why is it significant?

- The process that prepares a food service operation or food retail establishment to respond effectively to an unplanned event
- Food service operations and food retail establishments are being prepared, responding to an event and post-event recovery

Definitions:

Consumer Advisory: Provided to assure that all consumers are informed about the increased risk, especially with vulnerable populations, of eating raw or undercooked animal foods

- **Food borne illness:** Disease carried or transmitted to people by food.
- **Foodborne illness outbreak:** Incident in which two or more people experience the same illness after ingesting the same food, or 1 case of botulism, or 1 case of chemical poisoning
- **Flow of food:** The path of food from Purchasing/Receiving, Preparation, Cooking, Holding, Cooling, Reheating, and Serving

Study Guide Evaluation

Was the study guide helpful?

Were the questions on the study guide easy to understand?

Do you have any suggestions that would improve the study guide?