Infection Control – Kitchen & Laundry Worksheet

Name: _____________________________________________
Date: ___________________________
Name of Trainer: ____________________________________
Name of Company: _____________________________

Segment 1
List 4 objectives of Infection Control Any 4 of these
- Minimize risk of infections
- Accountability of facilities to continually improve the quality of care and safe guarding high standards of care
- Resources have to be available for staff
- Policies and Procedures documentation that are practical, safe and appropriate/suitable
- Education of Staff in Infection Control practices
- Record keeping of all infections will be done and all infections evaluated

What are the 3 components necessary for disease to spread?
- Has to be a host (person)
- Right environment for the micro-organisms to multiply
- Susceptible Immune System

What are the modes of infection and how does infection get into the body?
1 contract direct/skin person to person indirect/ by an object
2 airborne/droplet inhaled through nose or ingested (swallowed) through mouth
3 airborne Inhaled or ingested – deposited on host or surfaces
4 ingestion swallowed
5 vectors flies, mosquitos, rats and mice Birds etc – infect food – ingested

Segment 2
List the Organisms that cause disease and how they are transmitted
1 Virus Droplet/airborne/injection
2 Bacteria Contact/ingestion
3 Parasite contact/Droplet ingestion & inhalation
4 Fungi contact

Give 2 examples of a virus
Any of the following: Influenza, herpes, hepatitis, warts (or any your are happy with)

Give 2 examples of a bacteria
Staphylococcus, Streptococcus, E Coli (Escheria Coli), Pseudomonas or any other you are happy with

Give 2 examples of fungi
Any of the following: Thrush (Candida Albicans), athletes foot(tinea) Ringworm

Give 2 examples of a parasite?
Any of the following: Scabies, Giardia, Intestinal worms or others you are happy with
Segment 3
List the 4 things in standard precautions.
- Wash hands
- Wear protective clothing like gloves, aprons, boots and masks
- Treat all body fluid as potentially infectious.
- Keep cuts or abrasions on hands and forearms covered with waterproof dressings & replaced regularly

Handwashing is the single most important in Infection Control

How long must you wash your hand for using soap and water? 15 seconds

How long must you apply handrub for it to be effective? 20 seconds

When must you wash your hands? When they become soiled

What causes your hands to become dry? Hand washing and hand rub

What must you do to prevent your hands becoming dry and to be an infection control hazard? Apply hand lotion frequently

What is now the new standard for hand hygiene set by World Health organization?
Alcohol hand rub

Segment 4 – Food Handling
List 6 things you must do when handling food – any 6 of these
- Wash hands before handling food and put on gloves and apron
- Use gloves when preparing food. Remove, wash hands and replace gloves when going to another task
- Wear aprons while in the kitchen – remove when leaving kitchen and replace on return
- Use tongs or other utensils for putting food on a plate or serviette to hand to a resident/client
- Hot food should be served hot and cold food cold.
- Food temperature should be randomly checked and recorded
- Never cut meat and other food on same chopping board and use colour coded chopping boards if supplied
- Wash all fruit and vegetables before eating or cooking

List 6 things that are essential in food storage – Any 6 of these
- Refrigerate food before preparation
- Refrigerator temperature must be below 5°C
- Food when refrigerated must be covered
- Don’t prepare food too far in advance
- Store meat and seafood at the bottom of the fridge
- Store ready to eat food above the meat, seafood or cooked eggs
- Ensure space between stored foods for air to circulate
- Check expiry dates and use short dater food first
- Newly purchased food should always be put at the back of shelf
- Store food in sealed containers in the pantry
What are the 3 things that make bacteria grow in food?
- Temperature
- Nutrients
- Water

List 6 causes of food poisoning - Any 6 of these
- Food prepared too far in advance
- Storing food at room temperature
- Infected food handlers
- Re-heated food not heated to the correct temperature
- Food not cooked long enough – undercooked
- Cross contamination from one food to another
- Storing hot food below 63°C
- Not thawing poultry completely before cooking
- Leaving cooked food too long on bench before refrigeration

What is the cost of poor food handling?
- Outbreaks of food poisoning or viruses
- Food wastage due to spoilage
- Increased workload for staff to manage an outbreak
- Loss of work hours for staff being off sick from an outbreak

Segment 5 – Kitchen Cleaning
List 6 things essential when cleaning kitchen utensil – any 6 of these
- Use hot soapy water for washing dishes
- Stored dry pots, pan, cups, plates and eating utensils dry
- Remove all food from utensils before putting in the dishwasher
- Water for rinse cycle on commercial dishwashers must be 83°C
- Rinse cycle must be for at least 10 secs
- Air dry utensils, when ever possible
- Tea towels for drying utensils must be clean
- Change tea towels at least every second day in the home setting and at least each shift in residential care

What are the 3 important things necessary for floor surfaces?
- Keep the floor free of food – sweep after each meal
- Wash the floor after each meal
- Keep floor free of water spills

What are the 6 things required for cleaning surfaces and cupboards?
- Keep surfaces clean and dry
- Clean with facility cleaning agents
- Clean cupboards as per cleaning schedule
- Report to management any sign of vector infestation i.e. mouse droppings, flies, cockroaches, ants etc
- Mark all cleaning products used in the kitchen as “Kitchen Only"
- Use cleaning products as per manufactures guidelines

What must you do to keep tea towel, dishcloth etc clean?
- Soak tea towels after each shift
- Wash tea towels, apron, dishcloths etc separately
You must never wear the same apron in the kitchen as when doing caregiving.

What must you do to kitchen brushes and scouring pads daily? Soaked daily.

Buckets and cleaning products used in the kitchen must be kept in the kitchen.

List 6 things you need to do when caring or using for kitchen equipment? Any 6 of these:

- Clean and drain steriliser daily as per cleaning schedule and manufacturers instructions
- Check dishwasher temperature daily and record
- Clean oven daily and when there are any spills
- Oven top to be cleaned after each use
- Clean behind oven as per cleaning schedule
- Clean equipment after use i.e. whizz, pots, pans, mixer
- Check fridge temperature weekly and record

**Segment 6 – Personal Hygiene**

What must you do in regards to your own personal hygiene, health and actions? Any 6 of these:

- Shower every day
- Wash hands before handling food & dry with paper towels – not tea towels
- Wear short sleeves
- Keep handbags and other personal items out of the kitchen area
- Cover any cuts with a plaster and wear gloves. Change plaster dressing frequently throughout the day
- Do not cough or sneeze over food
- If have diarrhoea or vomiting, do not come to work
- If unwell, stay at home

**Segment 7 - Laundry**

List 5 laundry precautions:

- Wash hands or apply gel frequently
- Treat all linen as potentially infectious
- Wear gloves & and an apron when handling soiled linen
- Wear a clean apron when handling clean linen – never hang to reuse
- Separate linen from heavily soiled to non-soiled, resident personal items from facility, delicates, woolen
- Wash delicates and woolen clothes by hand
- Ventilation is important

List 5 thing you must or must not do when handling soiled linen?? Any 5 of these:

1. Wash hands and put on gloves
2. Any linen or clothing that has body fluids on to be treated as potentially infectious
3. Wear gloves and apron when handling soiled linen or clothing
4. Remove any faeces or vomit from linen before soaking and washing
5. Soak all clothes or linen in bleach solution or to facility protocol
6. Wash all woollen and delicate clothes by hand or put in bag for family to take home if they request to wash them.
7. Remove gloves and apron and wash hands
8. Never take soiled linen through a clean linen area
List 5 things you must do when handling clean linen? Any 5 of these

1. Wash hands after touching soiled linen and before handling clean linen
2. Put on a clean apron
3. Never take clean linen through a dirty linen area
4. Sort clothes into piles for ironing and iron before putting back in each residents’ rooms
5. Fold clothing and linen and put back into cupboards or resident/clients’ rooms
6. Always make sure the right clothes go back in the right persons room
7. Put all clothes for repair in pile and arrange for repairing

List what you must do to surfaces in the laundry
• Keep surfaces clean and dry
• Clean benches with facility cleaning products at the end of each shift and when they become soiled
• Keep the laundry area clean and free of dust and wipe down at the end of each shift
• Keep floors clean and dry and wash floors after each shift
• Understand cleaning product guidelines

List 5 things you must do in regard to laundry equipment – any 5 of these
• Clear the lint filter in the dryer at least daily
• Clean outside surface of dryer and washing machine daily
• Check hot water levels to ensure right temperature to MOH guidelines
• Check dryer temperature to reach the Ministry Of Health guidelines
• Clean all transporting equipment daily i.e. buckets, trolleys’
• Do not overfill the washing machine or dryer
• Report any faults immediately

What must you do with storage and use of chemicals?
• Store as per the manufacturer’s guidelines
• Avoid mixing chemicals

List 2 things that destroys pathogens? Any 2 of these
• Heat from dryer
• Hot water
• Ironing