

2022

HEALTH & SAFETY TRAINING

Student Training

TRAINING PROGRAM

09:00 - 09:30

Introduction and pretraining survey

09:30-10:30

H&S Explained

- why it's important
- who is responsible
- Short video – highlighting the importance of safety and discussion

PPE

Personal Hygiene

- Type of hygiene and why we should follow them
- Group Actively- Image – highlighting do and don't on uniforms and students have to fill in the details

10:30 -10:45

Break

10:45 -12:30

Food Contamination and Storage

- Four contamination categories:
 1. Biological
 2. Chemical
 3. Physical
 4. Cross-contamination
- Food storage in the fridges and temperatures

12:30 - 2:00

Lunch

2:00 - 3.:30

Safety Rules

- Seven workplace safety rules
- I Spy – group activity to spot the hazards in a picture (restaurant kitchen with hazards and rules being broken)

3:30 -3:45

Break

3:45 - 4:15

Wrap and Post Survey