

Available of Necessary Health and Safety Requirements in Restaurants and Restaurants Workers

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Abstract---Restaurants workers play a major role in transmission of foodborne & environment disease. Therefore, it is important to keep the food in health and safety conditions and ensure that all health requirements are available in the restaurant and restaurant workers.

The study aimed to evaluate the workers hygienic-sanitary conditions in 18 restaurants, and study the effect of these requirements on the environmental health of the restaurant.

A total of 126 Workers in 18 restaurants were participated in this survey study. The overall of Health & safety requirements were available in most of the restaurants and restaurants workers.

Keywords— Restaurants workers, Inspection, Health and Safety requirements, Diseases

I. INTRODUCTION

Handling of food by an infected person or a carrier of pathogens is a contributing factor in up to two-thirds of restaurant-related foodborne outbreaks (1). In food worker-associated foodborne outbreaks, the most frequently reported route of transmission involves poor hand hygiene or bare hand contact with food (2). In food workers have been implicated in restaurant-related viral and bacterial foodborne disease outbreaks with at least 14 etiologies, including norovirus, Salmonella, hepatitis A virus, and Escherichia coli (3, 4, 5, 6).

The inconsistent effectiveness of such barriers as clothing, bandages, toilet paper, and gloves, usually thought to prevent soiling or contamination, combined with some of these organisms' low infectious doses can facilitate transmission of pathogens in food service settings (7).

Every year, millions of people worldwide are hospitalized or die as a result of eating contaminated foods (8). In the United States of America, new estimates of foodborne disease have shown that major pathogens cause 9.4 million incidents of foodborne illness, 55,961 hospitalizations and 1351 deaths each year (9). with foodborne illnesses including poor personal hygiene and sanitation; cross-contamination from other foods; inadequate cooking; temperature abuse (time/temperature) during storage; and purchasing food from unsafe sources. Food workers in restaurants may contribute in foodborne illnesses. They may contaminate food by poor personal hygiene, cross-contaminating raw and processed food, and inadequately cooking and improperly storing foods (10).

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II. MATERIALS AND METHODS

A. Selected samples

A cross-sectional study was conducted in February and March 2015 to assess the availability of all necessary Health and Safety requirements of restaurants workers.

B. Selected Sample and Questionnaires

A total of 126 food handlers and restaurants workers in 18 food restaurants were participated in the study. The questionnaires for this survey were especially for restaurants workers and for health requirements that should be available in the food handler's restaurants workers, as defined by the Sharjah Municipality.

C. Sanitary requirements should available in restaurant workers

- The following requirements were studied in this study:
- Workers should have a work license or copy of it.
- Must complete the vaccination doses to workers.
- Workers must not have a skin disease.
- Workers should wear Uniform.
- Workers must wear gloves and cover their heads.
- Workers should not wear necklaces and rings.
- Workers must have vaccination cards.
- Must provide adequate lighting and ventilation of the site
- Provide a small pool of Alcetl to wash the hands for workers.
- Install liquid soap and a kitchen towel for workers to keep their hands clean.
- Workers must have certification from disease effects.
- Must maintain personal hygiene of workers.
- Must provide first-aid box in the restaurant for workers.

III. RESULTS

General characteristics of the study population

A total of 126 male and female restaurants workers had participated in the study with a mean age between 14–55 years. The total food restaurants were participated in the study was 18; the evaluated restaurants were classified as Group 1to18 Table (1).

TABLE I: NUMBER OF WORKERS IN EACH RESTAURANT

Restaurants name	Number of workers
Restaurant No.1	20
Restaurant No.2	8
Restaurant No.3	6
Restaurant No.4	15
Restaurant No.5	7
Restaurant No.6	16
Restaurant No.7	14
Restaurant No.8	5
Restaurant No.9	28
Restaurant No.10	10
Restaurant No.11	15
Restaurant No.13	8
Restaurant No.14	8
Restaurant No.15	25
Restaurant No.16	15
Restaurant No.17	18
Restaurant No.18	9

Table No. (2) show the availability health & Safety requirements in the workers in studded restaurants .The table show most of the workers had the work license or copy of it , 43% from the workers completed the vaccination , 89% Workers not have a skin disease , 54 % Workers wear wearing Uniform , 52% Workers wear wearing gloves and cover their heads , 90.5 % Workers weren't wearing necklaces and rings , 57 % they doesn't have vaccination cards.

TABLE (2): HEALTH & SAFETY REQUIREMENTS AVAILABLE IN THE RESTAURANTS WORKERS.

Health & Safety requirements	Res. 1	Res. 2	Res. 3	Res. 4	Res. 5	Res. 6	Res. 7	Res. 8	Res. 9	Res. 10	Res. 11	Res. 12	Res. 13	Res. 14	Res. 15	Res. 16	Res. 17	Res. 18
Workers should have a work license or copy of it.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓
Must complete the vaccination doses to workers	✓	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✗	✗
Workers must not have a skin disease.	✓	✗	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗	✓	✗	✗
Workers should wear Uniform.	✓	✗	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✗	✗
Workers must wear gloves and cover their heads.	✓	✗	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✗	✗
Workers should not wear necklaces and rings	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓
Workers must have vaccination cards	✓	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✗	✗

✓: Available

✗: Not Available

Table No. (3) Show the availability of health & Safety conditions in the restaurants were studies , from the table we can see the 67% restaurant was available of lighting and ventilation, , 16.6% from the restaurants doesn't have a small pool of Alceftl to wash the hands for workers and , liquid soap and a kitchen towel to keep their hands clean, also the table show most of Workers have certification from disease effects, 25% .restaurants was maintain personal hygiene of workers. all the restaurant have a first-aid box in the restaurant for workers.

TABLE (3): HEALTH & SAFETY CONDITIONS AVAILABLE IN THE RESTAURANTS.

Conditions in the restaurants	Res. 1	Res. 2	Res. 3	Res. 4	Res. 5	Res. 6	Res. 7	Res. 8	Res. 9	Res. 10	Res. 11	Res. 12	Res. 13	Res. 14	Res. 15	Res. 16	Res. 17	Res. 18
Must provide adequate lighting and ventilation of the site	✓	×	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	×	×	×	×	✓	✓
Provide a small pool of Alcetyl to wash the hands for workers.	✓	×	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	×	✓	✓
Install liquid soap and a kitchen towel for workers to keep their hands clean.	✓	×	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	×	✓	✓
Workers must have certification from disease effects.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	×	✓	×
Must maintain personal hygiene of workers.	✓	×	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	×	×	✓	✓	×
Must provide first-aid box in the restaurant for workers.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✓: Available

×: Not Available

IV. CONCLUSION

Knowing the contributing factors to foodborne illness is critical to stopping them. Environmental health specialists find contributing factors by investigating outbreaks. One of the important factors, Workers in restaurants, restaurant workers have been involved in outbreaks of foodborne diseases for decades

But these investigations often do not give enough information. This may be the result of ineffective investigation practices and problems faced during investigations. Thus, it is important to collect data that will describe investigation practices and problems. (11)

In this study we found that more than half of restaurants applicable the workers requirements should available in the restaurants and some of them not applicable the requirements. Non-application of health conditions may be because the weak management of the restaurant, the restaurant management have effective way to improve the sanitary conditions of restaurants and reduce the spread of foodborne illnesses (12)

And the results of this study show that the evaluated restaurants in Sharjah & Ajman city demonstrated good adherence to Good Practices of Workers conditions in the restaurants.

This study suggests that a variety of factors influence the uniformity and reliability of routine This study suggests that a variety of factors influence the uniformity and reliability of routine restaurant inspections in preventing foodborne disease. Some of these factors might be modified by policies designed to ensure periodic retraining and systematic standardization among inspection evaluations within a jurisdiction. Further evaluation factors important in food safety and how best to control them will be important in improving the system.

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