

## UNITED STATES PUBLIC HEALTH ( U. S. P. H.)

### *Introduction to Public Health*

**I**n any country we visit, PUBLIC HEALTH OFFICIALS may inspect ships. In the United States this agency is called UNITED STATES PUBLIC HEALTH SERVICE (USPH), and is part of the Center of Diseases Control, and the Federal Government Agency. The result of their inspection is published in the two major newspapers and other media as well as is provided to every travel agency. The F&B Manager is responsible for the implementation, monitoring and review of all USPH regulations, he will also ensure that all people within the food and beverage department receive practical training in USPH. The ship will receive at least two unannounced inspections each year by the Vessel Sanitation Program Captain and conference of selected officers and managers on board the vessel. Each USPH violation is worth a decrease of 5 points depending of the damage involved.

All foodservice employees must have the knowledge and motivation to reduce the risk of contamination and foodborne illness, thus providing guests and crew with a safe and healthful environment onboard

### *Some concepts:*

#### *Cross Contamination:*

Is the physical transfer of bacteria from an object or food to another object or food through surfaces in contact, or from raw to cook or ready to eat food. For example: if we cut meat and then use the same knife to cut vegetables without sanitizing it first. Using the same cutting board to cut meat and then vegetables or not washing hands properly after going to the bathroom, sneezing, using chemicals or handling food

#### *The temperature danger zone*

When we have exposed food (like in a buffet) we need to avoid the TDZ /temperature danger zone, which is the range of temperature in which bacteria grows easily. The TDZ goes from 39 degrees fahrenheit to 140 degrees fahrenheit.

This means that If we have cold food, we need to keep it BELOW 39 F and if we have hot food, we need to keep ABOVE 140 F.

On board we use special thermometers to check the temperature of the food in the crew mess and staff mess.

### THE THREE BUCKET SYSTEM

Any food surface contact should be cleaned using the three-bucket system after each use. The 3 steps are:

Red Bucket: **Wash** with warm water and soap using a sponge.

Gray Bucket: **Rinse** with clean water using a sponge.

White Bucket: **Sanitize**, using a 100-ppm (parts per million) of chlorine in cold water.

Chlorine on board is usually provided in pills with the exact amount. There are also special stripes to measure the amount of chlorine in the water when we use liquid chlorine.

### *Garbage Handling Procedure*

All garbage containers (trash cans) must be always be covered and frequently and profoundly cleaned both in the inside and outside.

All garbage containers must be taken away of the food preparation area as soon as possible following the vessel's procedures. Use elevators where garbage transportation is allowed

### *Garbage Separation*

One container for food, another for plastic, another for metal, another for paper, another for glass.