

First Aid For Food Choking

Emergency Procedures for Adult Victims



1 Victim can not speak or breathe



2 Victim turns blue



3 Victim collapses



Rescuer must act quickly . . . this condition is life threatening. Emergency help should be contacted immediately.

VICTIM-STANDING OR SITTING

- Stand behind victim and wrap your arms around victim's waist
- Place fist thumb-side in against victim's abdomen below rib cage, slightly above navel
- Grasp your fist with other hand
- Press your fist forcefully with quick upward thrust into victim's abdomen
- Continue the thrusts until the object is expelled or the victim becomes unresponsive. If the victim becomes unresponsive, phone 911. Then attempt CPR. Each time you open the airway to provide rescue breaths during the CPR attempt, look in the airway — if you see an object, remove it.



Distributed by:
Ohio Department of Health
P.O. Box 118
Columbus, Ohio 43216-0118
or Your Local Health Department

An Equal Opportunity Employer/Provider

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OUR VISION

Lake County citizens enjoy continually improving health and quality of life. Healthy, happy, productive workforce which provides quality health services.

OUR MISSION

Working to prevent disease, promote health, and protect our community.



5966 Heisley Road • Mentor, Ohio 44060
440.350.2543 • www.lcghd.org

Temporary Food Service Operation and Retail Food Establishment Requirements



**Lake County
General Health District**
Public Health
Prevent. Promote. Protect.

Temporary Food Service and Retail Food Establishment Checklist

Bring this checklist with you to ensure that you remember all of the necessary items.

<input type="checkbox"/> Hair restraints (hats, visors, hairnets)	<input type="checkbox"/> Handwashing station container with a free flowing spout at bottom	<input type="checkbox"/> 3 Containers large enough for dish and utensil washing, rinsing, sanitizing
<input type="checkbox"/> Disposable gloves	<input type="checkbox"/> Paper towels	<input type="checkbox"/> 1 Container for dirty water at handwashing station
<input type="checkbox"/> Metal stem thermometer	<input type="checkbox"/> Hand soap for handwashing	<input type="checkbox"/> Clean water supply
<input type="checkbox"/> Cooler thermometers	<input type="checkbox"/> Sanitizer	<input type="checkbox"/> Adequate supply of ice
<input type="checkbox"/> Soap for dishwashing	<input type="checkbox"/> Sanitizer test strips	<input type="checkbox"/> Tent covering
<input type="checkbox"/> Crates or tables to keep food & utensils off of ground	<input type="checkbox"/> Ground covering, if needed	<input type="checkbox"/> Adequate electrical cords
<input type="checkbox"/> Adequate number of iced coolers or refrigerators	<input type="checkbox"/> Adequate hot holding units	<input type="checkbox"/> Fire extinguisher (per fire dept.)
<input type="checkbox"/> Potable water hose, if needed	<input type="checkbox"/> Sanitizer wiping cloth bucket	<input type="checkbox"/> Facility for properly disposing of wastewater
<input type="checkbox"/> Paperwork properly submitted to the Health Department prior to event	<input type="checkbox"/>	<input type="checkbox"/>

Cold Holding



- ✓ Cold foods must be 41°F or less at all times.
- ✓ Refrigerators or coolers must be used to store cold foods.
- ✓ You must provide an adequate number of coolers to store raw beef, chicken, and fish **EACH IN SEPARATE COOLERS.**
- ✓ Ready to eat foods (i.e. cooked food, pasta salad, cole slaw, sliced melon, sliced tomato, etc.) must be stored in iced coolers **SEPARATE FROM RAW MEATS.**
- ✓ You must provide an adequate amount of ice to completely cover food items while stored in coolers.
- ✓ Cold foods must be stored in sealed containers or wrapped to prevent contact with ice.
- ✓ Home-prepared cold foods **ARE NOT PERMITTED.** All cold foods must be prepared on-site or come from an approved source, and transported properly.

Hot Holding



- ✓ Hot foods must be held at 135°F or higher after they are cooked to the appropriate temperature.
- ✓ Use electric hot holding equipment when electricity is available for hot holding.
- ✓ Grills must have covers/lids to prevent contamination.
- ✓ Home-prepared hot foods ARE NOT PERMITTED. All hot foods must be cooked on-site or come from an approved source, and transported properly.

- ✓ You must submit the completed Temporary Food Service Application packet at least ten (10) business days prior to the event.
- ✓ Temporary Food Service License will be issued at the time of inspection.
- ✓ No refunds will be granted.
- ✓ Temporary Food Service Licenses are valid for the duration of the event, but no longer than 5 consecutive days.
- ✓ There is a maximum of 10 temporary licenses permitted per licensing year.
- ✓ A Person-In-Charge must be available during all times of operation.
- ✓ All food must be prepared on site on the day of the event. **NO FOOD PREP AT HOME!**
- ✓ All food must come from an approved source (i.e. grocery stores)
- ✓ No cooking or cooling of food prior to event is permitted.
- ✓ No eating, drinking, or using tobacco in the temporary licensed area.
- ✓ You must be ready for inspection prior to the beginning of the event.
- ✓ If you have any questions prior to the event, contact the Lake County General Health District at 440-350-2543.
- ✓ The Lake County General Health District reserves the right to refuse licensing of your temporary facility if safe food handling requirements are not met at the time of inspection.

Temporary Food Service Sanitation

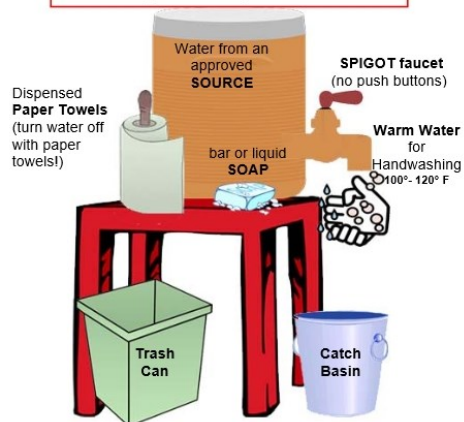
Handwashing and Dishwashing Stations Must Be in Use
BEFORE Food Preparation Begins!

HANDWASHING STATION

*Use it **OFTEN!***

Use **CLEAN** water jugs:

1. **SANITIZE** with 2 tbsp unscented bleach in 1 gallon of water – **SLOSH** to cover all surfaces.
2. Let **STAND** 5 minutes and **DRAIN**. **DO NOT RINSE!**
3. **FILL** with approved drinking water



Utensil & Dishwashing Station



Wash



Rinse



Sanitize



- ✓ **Plain bleach can be used as your sanitizer**
 - Chlorine test strips must be used to ensure sanitizer strength of 50-100 ppm
- ✓ **Quat Ammonia (Sanitabs or liquid) can be used as your sanitizer.**
 - Quat test strips must be used to ensure sanitizer strength of 200ppm

Minimal Internal Cooking Temperatures

Ready To Eat Foods (Deli Meats, Cooked Foods)

Cold=41°F or Below; Hot=135°F or Above



Raw Fish, Shellfish, Veal, Pork, Eggs

Cook to 145°F for 15 seconds



Raw Beef or Pork Roasts

Cook to 145°F for 4 minutes



Raw Ground Meats (Beef or Pork)

Cook to 155°F for 15 seconds



Raw Chicken, Raw Turkey,
Casseroles (Turkey and Chicken), Stuffed Food products

Cook to 165°F for 15 seconds

