First Aid For Food Choking
Emergency Procedures for Adult Victims

1. Victim cannot 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, call 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 216
Columbus, Ohio 43216-0216
or Your Local Health Department

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 and Retail Food Establishment Checklist

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

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

## 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