



## A Guide to Cleaning and Sanitising

### What can I sanitise with?

It is important that people who work in the food industry understand that certain utensils and equipment require cleaning and sanitising in order to ensure the safety of the food, minimise the potential for the spread of harmful microorganisms and to maintain a safe working environment.

Cleaning and sanitising are not the same things:

- **Cleaning** is the process of using detergent and water to remove visible matter such as food particles, dust, grease, dirt, stains and odours from all surfaces, fixtures (i.e. benches and sinks), utensils and equipment. Cleaning is not designed to remove all microorganisms but merely removes the visible items. Clean means “clean to touch”.
- **Sanitising** is the process of killing food poisoning bacteria (what you cannot see) and is achieved by using heat and/or chemicals. It is not an option to use either a detergent or a sanitiser – both must be used.

### How do I sanitise?

The use of chemicals is the most common method for killing food poisoning bacteria but heat can also be used. Food businesses must make sure that any sanitiser used is ‘food grade’ – safe for food contact surfaces. Table A lists examples of common sanitisers.

	Sanitiser	Use/Dilution	Air Dry	Comments
Chemical Sanitisers	Household Bleach (4% Chlorine) @ 38°C	1.25ml in 1L water = 12.5 ml (2½ teaspoons) in 10L water	Yes (unless a stronger solution is used)	Inexpensive and fast acting. Good for equipment sanitation – can be corrosive
	Commercial Bleach (10% Chlorine) @ 38°C	0.5ml in 1L water = 5 ml (1 teaspoon) in 10L water	Yes (unless a stronger solution is used)	Inexpensive and fast acting. Good for equipment sanitation – can be corrosive
	Quaternary Ammonium Compounds (QUAT)	As per manufacturers instructions	As per manufacturers instructions	Good for equipment sanitation – is non corrosive
Heat	Hot Water	Water must reach 77°C for at least 30 seconds	Yes	Commercial dishwasher is recommended

### Chemicals – what is the difference?

- Detergents - soap in a liquid form that attracts and washes away grease, dirt and debris from the surface. Detergents do not kill bacteria.
- Sanitisers - chemicals that are used after detergents. Sanitisers will kill and reduce the number of bacteria and spores.
- Disinfectants – common household cleaning products that are suitable for toilets and floors but not on food contact surfaces. They must not be used as sanitisers.

## How often should I sanitise?

It is recommended that food contact surfaces and equipment are cleaned and sanitised after every use and/or at least every four hours.

## What should I sanitise?

Any surface, utensil or piece of equipment that comes into contact with food must be cleaned and sanitised – see right, for suggestions.

## How do I sanitise?

**Heat:** Commercial dishwashers or hot water in a sink are both ways of sanitising smaller items. If sanitising using hot water in a sink:

- A temperature of 77°C is needed and the utensils or surfaces need to be submerged in the water at this temperature for at least 30 seconds.
- Use a heating element to keep the water temperature at 77°C or higher.

Water at this temperature is dangerous. If sanitising using heat it is best to use a commercial dishwasher.

**Chemical:** If you do not have a dishwasher a chemical sanitiser can be used.

- The use of chemical sanitisers should be in accordance with the manufacturer's specification in regard to the dilution rate, contact time and safety precautions as well as safe storage arrangements
- For items that fit in your double bowl sink - wash in detergent and hot water in the first bowl then sanitise using a chemical sanitiser and warm water in the second bowl – see right.
- Items that do not fit in your sink – thoroughly clean and then use a spray bottle to apply the sanitiser.

Please Note: A surface must be thoroughly cleaned before it is sanitised, as sanitisers are unable to effectively kill food poisoning bacteria if the surface is still visibly dirty.

## Are there organic sanitisers available?

Yes. Sanitisers which have the following active ingredients are considered to be organic:

- Peracetic Acid
- Hydrogen Peroxide
- Organic Acids
- 70% Alcohol solutions that do not contain Quaternary Ammonium Compounds

For further information you can access the Australian Organic Standard 2006 at <http://www.bfa.com.au>

## Where do I purchase a sanitiser?

Household bleach and other appropriate chemicals can be purchased at the supermarket. Other sanitisers can be purchased from a chemical supplier in your area. Look under 'cleaning products and supplies' in the telephone directory or on the internet.

## Things to ask when purchasing a sanitiser

- Is the sanitiser 'food grade' – safe for food contact surfaces?
- Can I use the sanitiser on all surfaces and equipment?
- What is the contact time and does the sanitiser need to be rinsed off?
- How much do I need to use?

For further information see Food Premises- "Cleaning and Sanitising" by Queensland Health's Population Health Unit at [www.health.qld.gov.au](http://www.health.qld.gov.au) or Contact Council's Environmental Health Unit on 07 4977 6821.

## Surfaces and equipment that must be cleaned and sanitised

- Pots and pans
- Chopping boards
- Benches and sinks
- Crockery and cutlery
- Rice cookers
- Meat slicers
- Food storage containers
- Utensils
- Knives
- Bain maries and refrigerators
- Thermometers
- Glasses and cups
- Food transport vehicles



Detergent + Hot Water → Sanitiser + Warm Water

## 10 Tips for Sanitising

- ✓ Make sure your chemical sanitiser is 'food grade'
- ✓ Sanitisers are most effective when used at the correct dilution – check the label or with your supplier
- ✓ Prepare chemical solutions daily to make sure the solution remains effective. Chemicals must be clearly labelled, especially if you are removing the solution from the original packaging
- ✓ They need time to work – check the contact time as this will vary for each product
- ✓ Check to see if the sanitiser needs to be rinsed off after it has been applied
- ✓ After sanitising make sure the surface is thoroughly dry before it is reused
- ✓ Check the best before date of your chemicals to make sure they remain active
- ✓ Make sure your staff know how to correctly use your chemical sanitiser. Chemicals must be stored away from food to minimise the risk of contamination

## How can you contact us?



(07) 4970 0700

STD CALLS: 1300 733 343

For those residents who currently incur STD call rates when contacting their local customer service centre



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