



# Safety in Food Preparation



by Ir. Razmahwata

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One may not think that food safety is integral to running expensive industrial complexes. However, if one considers the number of remote locations that have been engineered, one may want to think again. There are many civil, marine, oil, gas and mining activities in remote locations with limited exit strategies. Sharing a confined space also becomes more stressful if sanitation facilities are always fully occupied or there is insufficient manpower to run the project or facility at full speed, impacting safety, schedules and shareholders.

Statistics show that 1/3 of food-borne diseases in the home is caused by cross contamination (e.g. using a cutting board to dress uncooked meat and then using the same cutting board to prepare a raw salad without proper cleaning in between).

Therefore, in addition to double checking your figures, keeping a tidy working environment and maintaining your tools, do the following:

- Thaw food in a microwave or refrigerator, not on the kitchen counter.
- Wood cutting boards are hard to clean, so use plastic, glass or marble instead.
- Make sure meat is well cooked instead of leaving the centre pink.
- When removing meat from the grill, do not use the same dish that had held the raw meat.

Your tummy, the porcelain bowl and your investors will thank you. ■