

## PREVENTIVE CONTROLS FOR HUMAN FOOD

# Meet the FSMA Sanitary Transport Requirements with Alchemy

If you are a shipper, receiver, loader, or carrier, Alchemy provides the training content you need to meet the FSMA Sanitary Transport rule. Our courseware includes:

### INTRODUCTION TO FSMA

The Food Safety Modernization Act marks the biggest change to food safety laws in over half a century. This course describes the history of FSMA, Preventive Controls, and the employee's role in compliance. This course introduces

- some of the powers that FSMA gives the FDA
- the primary requirements of the seven main FSMA rules
- FSMA recordkeeping requirements

### OVERVIEW OF PREVENTIVE CONTROLS

Preventive Controls is a food safety system that identifies potential food safety hazards and works to reduce or eliminate them before they can contaminate food. This course discusses

- the purpose of preventive controls
- how prerequisite programs contribute to the success of preventive controls
- how hazards may be reduced or eliminated
- the types of records that are required
- how an individual can support their food safety system

### MAINTAINING THE COLD CHAIN

Temperature control through the entire shipping process is vital to maintaining the quality and safety of refrigerated and frozen foods. This course explains

- bacteria growth factors
- the temperature danger zone
- risks resulting from temperature variance

### UNDERSTANDING LISTERIA AND ITS DANGERS TO FOOD – PRODUCE

Listeria includes six types of bacteria found everywhere in nature. One type, Listeria Monocytogenes, can cause serious problems if it gets into food. This course explains

- basic properties of Listeria
- why Listeria poses a serious public health danger
- how Listeria spreads and forms biofilms or collects in growth niches
- how good hygiene helps prevent the spread of Listeria

### OVERVIEW OF DANGEROUS E. COLI – PRODUCE

E. coli O157:H7 is a type of bacteria that causes foodborne illness worldwide. This course discusses

- where E. coli lives
- E. coli's dangers to public health
- how E. coli can enter a facility
- prevention of cross-contamination

### INTRODUCTION TO FOOD ALLERGENS

Food processors may handle many different food products each day. Some foods can be dangerous if a person is allergic to an ingredient in the food. This course identifies

- the severity of allergic reactions to food
- the most common food allergens
- the importance of proper handling and labeling foods containing allergens
- recognizing cross-contamination risk factor

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### **PROPER HANDLING OF FOOD ALLERGENS**

Food processors and transporters must work hard to prevent cross contact and contamination of food allergens. This course explains

- how cross contact can happen during receiving, storage, and processing. It also discusses
- how to prevent cross contact

### **GMPS: PERSONAL HYGIENE – DISTRIBUTION**

Maintenance of personal hygiene both before and during work is critical to food safety. This course explains

- good personal hygiene practice prior to coming to work
- good personal hygiene practice while at work
- when and how hands should be washed

### **BASIC FOOD DEFENSE – DISTRIBUTION**

Effective food defense is essential for preventing deliberate contamination and for ensuring the safety of your products. This course explains

- food defense both inside and outside a facility
- how to handle visitors and other personnel
- securing restricted areas and computer systems
- common signs of product tampering

### **BASIC FOOD DEFENSE – DRIVERS**

Effective food defense measures are essential for keeping shipments safe while in transit. This course describes

- best practices for keeping transported raw materials and finished product safe from deliberate contamination

### **RECEIVING FOOD SAFETY SOPS – OVERVIEW**

Receiving plays a vital role in guaranteeing incoming products meet the temperature standards for both food safety and quality, and that food has not been contaminated during the shipping process. This course describes

- trailer inspection tasks performed prior to unloading
- possible signs of temperature abuse
- the purpose of taking product temperatures during receiving
- potential cross-contamination hazards
- correct procedures for unloading

### **RECEIVING FOOD SAFETY SOPS – CAN INSPECTION**

Damaged or improperly canned products can harbor dangerous bacteria and toxins. This course covers

- canned goods receiving procedures
- identification of can damage presenting potential food safety risks

### **FOOD SAFETY FOR SELECTORS – OVERVIEW**

Even sealed food can become vulnerable if the packaging is damaged or otherwise compromised. This course covers

- common food contamination hazards
- how to minimize contamination risks during shipping and storage

### **FOOD SAFETY FOR SELECTORS – SAFE PALLET BUILDING PRACTICES**

Incorrectly built mixed pallets are a cross-contamination risk. This course covers at

- the importance of vertical stacking order with certain kinds of foods, and
- situations where slip sheets or other impermeable dividers may be required
- how to minimize contamination risks during shipping

### **FOOD SAFETY SOPS – PRE-LOAD TEMPERATURE CHECKS**

Temperature control prior to loading is vital to maintaining the quality and safety of refrigerated and frozen foods. This course explains

- purpose of taking product temperatures prior to loading

### **LOADING FOOD SAFETY SOPS – OVERVIEW**

Correct loading procedures are critical to preventing contamination due to inadequate trailer condition, improperly built pallets, or improper temperature standards. This course explains

- pre-loading trailer inspection procedures
- the purpose of the trailer pre-chill step
- load inspection procedures
- proper load placement for good air circulation
- the concept of short cycling and how to prevent it

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#### **PREVENTING FOOD CONTAMINATION – PRODUCE**

Food contamination can come from ingredients, packaging, processing equipment, or even people. This course explains

- examples of the main types of food contamination
- biological cross-contamination of raw products before harvest
- practices that can help prevent biological contamination
- contamination risks due to pesticides, cleaners, allergens, and other chemicals

#### **DRIVER FOOD SAFETY SOPS – TRAILER MAINTENANCE**

Drivers have an important role to play in ensuring that the food they transport remains safe during its journey. This course covers

- good trailer maintenance practices

#### **DRIVER FOOD SAFETY SOPS – PRE-CHILLING PROCEDURES**

Drivers have an important role to play in ensuring the safety of the food they transport. This course covers

- pre-chilling procedures to follow prior to picking up a load

#### **DRIVER FOOD SAFETY SOPS – MAINTAINING PROPER TEMPERATURE**

Drivers are responsible for ensuring the safety of the food they transport. This course covers

- temperature monitoring procedures during transit
- what to do in case of a breakdown

#### **DRIVER FOOD SAFETY SOPS – LTL DELIVERY STOPS**

Drivers are responsible for ensuring the safety of the food they transport for the entire time it is on their truck. This course covers

- temperature control procedures when making less-than-load delivery stops

#### **EMPLOYEE ILLNESS REPORTING**

Food workers including receivers, loaders, and drivers have a responsibility to prevent the spread of foodborne illness. If a worker is sick with a potential foodborne illness, it is especially important to properly report the illness. This course explains

- situations in which a person can be exposed to a potentially foodborne illness
- when to report an illness
- requirements for returning to work

#### **VISITOR PROCEDURES**

Visitors to food shipping and transport facilities are required to follow all procedures and rules in place at a given location. This course discusses

- the types of requirements to expect when entering a food manufacturing or warehouse facility
- food safety and personal safety practices when inside a food production area
- the need for proper attire

#### **EFFECTIVE RECORD KEEPING PRACTICES**

Shippers and drivers are responsible for many types of records during transport of both ingredients and finished product. This course covers

- the importance of good documentation
- good record keeping practices
- making corrections to a form
- procedures for handling completed documents

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