



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Food Poisoning



## What are the four rules for food safety?

### ❖ First rule:

The importance of cleaning by soapy water and disinfectants Special such as (vegetable and fruit sterilization pills).

As well as cleaning equipment, tools, places of preparation and processing.



### ❖ Second rule:

Separating food from each other prevents cross-contamination, which is the main cause of poisoning.



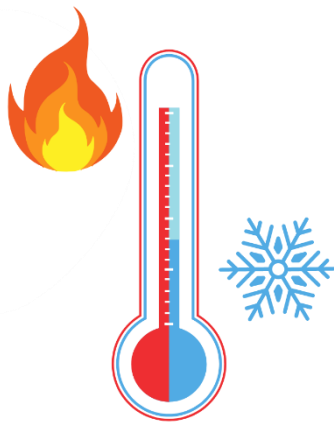
## What are the four rules for food safety?

### ❖ Third rule:

Refrigerating or freezing ordinary or high-risk food prevent the activity of bacteria that cause food poisoning.

### ❖ Fourth rule:

Good cooking at the proper temperature eliminates harmful microbes that cause food spoilage and food poisoning incidents.



## **What are the requirements for workers in sales outlets or food preparation?**

The general appearance:

- The uniform must be clean, unified in all sections of the facility, and wear a headwear and gloves.
- Workers should not wear personal belongings such as jewelry, watches or similar to it, to avoid natural physical contaminants.

## **What is cross-contamination and poisoning?**

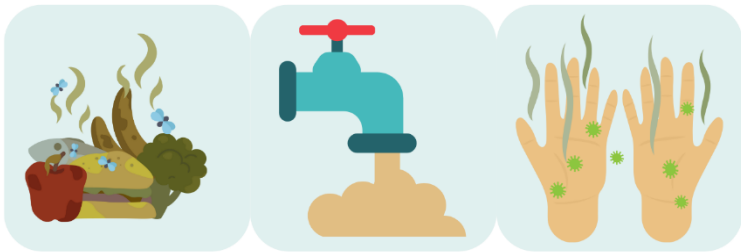
The transfer of microorganisms from a raw food item to a cooked or ready-to-eat food item.



## What is food poisoning?

It is when germs move from raw food or its juice (vegetables, fruits, fresh meat, etc.) to cooked food or ready-to-eat food, that's when a person becomes poisoned and it is through:

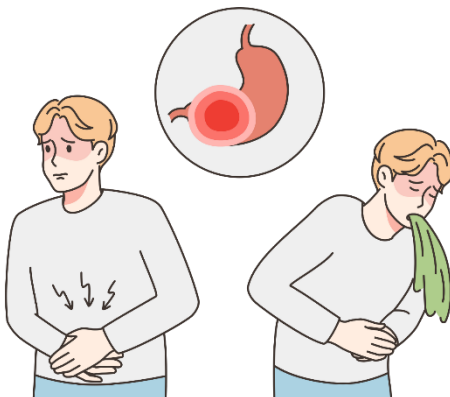
1. Hands.
2. Equipment.
3. Contaminated utensils.
4. Soaking and washing water.
5. Food contact with another food.



# What are the symptoms of food poisoning?

Most advanced cases of poisoning may damage the nervous system, causing paralysis and lack of speech, but the common symptoms are:

1. Dizziness
2. Sweating
3. Shivering
4. Stomach cramps
5. Diarrhea and vomiting
6. High temperature
7. Loss of consciousness



# What are the methods of preventing poisoning?

1. Do not eat foods that are uncovered or unknown source.
2. Do not transport foods that are quick to corruption such as tuna, chicken and salads with mayonnaise.
3. Make sure to wash your hands before and after eating.
4. Do not sneeze or cough during or near food preparation.
5. Make sure to cover foods immediately after finishing.



## Comments:

---

---

---

---

---

---

---

---

---

---

---





## Comments:

---

---

---

---

---

---

---

---

---

---

---



## Comments:

---

---

---

---

---

---

---

---

---

---

---



Sources and references:

All illustrations used from [canva.com](https://www.canva.com)

Audit and Auditing:

The content of this booklet has been reviewed by nutrition specialists at  
King Fahd University Hospital.

**Nutrition Department**  

---

**Health Awareness Unit**  
**IAU-24-571**



**جامعة الإمام عبد الرحمن بن فيصل**  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

**مستشفى الملك فهد الجامعي**  
King Fahad Hospital The University