

# Health & Safety Tip #45

## Barbeque Safety

Now that the summer is here and barbeque season is upon us, here are some tips to barbeque safely.

- Inspect barbeques for cracks in hoses, wear, major rusting, loose connections or leaks before use.
- Burners and openings should be clear of rust, debris, animal droppings, or insects.
- Use your barbeque in a well-ventilated area and away from other flammables.
- Open the barbeque lid before lighting to prevent gas build-up.
- Avoid using flammable liquids on a barbeque.
- Have a source of water on hand to reduce excess flames.
- Wash your hands before handling any food.
- Ensure meat is properly cooked. Undercooked meat may contain bacteria that could cause food poisoning, and burnt meat contains chemicals that are potential human carcinogens.
- Wipe your grill after cleaning with a wire brushes, to ensure no wire bits remain.
- Charcoal briquettes can smolder for up to 48 hours after use.

### FOOD SAFETY TIPS:

Picnics and barbecues are safe if food safety precautions are taken. Food-borne illness is unpleasant and often presents itself with flu-like symptoms. Foods that present the greatest risk for causing food-borne illness are called potentially hazardous foods, because they can support disease-causing bacteria.

Examples of potentially hazardous foods are:

- beef
- milk and dairy products
- poultry
- cut melons
- pork
- cooked potatoes
- lamb
- beans
- fish and seafood
- rice and pasta

Following these five simple tips will help keep your barbeques safe and enjoyable each and every year.

1. Wash hands often in warm, soapy water before preparing foods and after handling raw meats (inc. poultry and seafood).
2. Prepare and store raw meats and ready-to-eat foods separately to avoid cross-contamination.
3. Ensure meats are cooked to a high enough temperature to kill harmful bacteria. Hamburger should be cooked to 71°C (160°F) or until the juices run clear - poultry to 82°C (180°F). Beef, veal, pork and lamb steaks, roasts, and chops can be cooked to 77°C (170°F). Fish should be opaque and flake easily.
4. Refrigerate perishable foods promptly (under 4 degrees celcius).
5. Don't forget to use plenty of sunscreen.

