

SAFETY & LOSS PREVENTION

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OUTLOOK



PREVENTING
FOODBORNE
ILLNESS





FOODBORNE ILLNESS

The Centers for Disease Control and Prevention (CDC) estimates that approximately 48 million cases occur in the United States each year, resulting in at least 128,000 hospitalizations and 3,000 deaths. Find out how you can keep from becoming a statistic.

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when **FOOD** makes us **SICK**

FOODBORNE ILLNESS



Foodborne illness, sometimes known as food poisoning, is the term for a series of infections of the gastrointestinal system caused by ingesting food or beverages that harbor harmful bacteria, parasites, viruses, or chemicals. Anyone can fall victim to foodborne illness, though some people are more susceptible. Pregnant women, very young children, older adults, and people with weakened immune systems should take extra precautions.

Foods can become contaminated in countless ways. Germs from an animal's intestines may infect the meat during the slaughter process. A container used to process or store contaminated food can spread germs to other foods that touch those surfaces. Water used for irrigation can become infected through factory runoff, contaminating crops before they are even harvested. Food left too long on a loading dock can reach temperatures that allow bacteria to grow. A food service worker who slices raw vegetables on a cutting board that previously held raw meat can contaminate a salad. And anyone who neglects to wash their hands properly can spread germs to food.

Because contamination can occur at any point during the food production, processing, distribution, or preparation process, there is no list of "safe" foods. However, certain foods are more prone to contamination than others — raw animal products such as beef, poultry, pork, and dairy products being the most common, as well as fruits and vegetables.

FOLLOW THESE FOUR STEPS TO FOOD SAFETY:

CLEAN hands and surfaces. Wash hands frequently for at least 20 seconds with soap and water. Wash utensils, cutting boards, and countertops with hot, soapy water. Use a dishwasher to disinfect whenever possible. Rinse fresh fruits and vegetables under running water (even those labeled "triple washed").

SEPARATE — Don't cross contaminate. Raw meat, poultry, seafood, and eggs must be kept separate from ready-to-eat foods such as salads and fruit. Use a separate cutting board for raw meat. Keep raw meats separate from other foods on the bottom shelf of the refrigerator, to avoid raw juices from dripping and contaminating other foods.

COOK to the right temperature. Certain germs can only be killed under very high temperature. Use a food thermometer to be sure you hit the mark — 145° for ham, fish, whole cuts of beef, pork, and lamb; 160° for ground beef or pork; 165° for all poultry, as well as leftovers and casseroles.

CHILL — refrigerate foods promptly. Bacteria multiplies rapidly when left in the "danger zone between 40°-140°". Get fresh food and leftovers into the fridge as soon as possible. Be sure your fridge is set below 40°. Thaw frozen food in the fridge or microwave, NEVER on the counter, where bacteria can multiply. And know when to throw food away (see pg. 4 for more info).

WHAT CAUSES FOODBORNE ILLNESS?

Researchers have identified more than 250 foodborne diseases and 31 known foodborne pathogens. Of these, a small number are responsible for about 90% of all foodborne illnesses. The five most common are norovirus, Salmonella, Campylobacter, E. coli, and Listeria.

NUMBER OF FOODBORNE ILLNESS CASES PER YEAR IN THE U.S. BY CAUSE

NOROVIRUS
21,000,000

While the **norovirus** is the most prevalent cause of foodborne illness, the **listeria** bacteria is the most deadly, killing over 16% of those whom it infects.

CAMPYLOBACTER
1,300,000

SALMONELLA
1,200,000

E. COLI
265,000

NUMBER OF DEATHS FROM FOODBORNE ILLNESS PER YEAR IN THE U.S. BY CAUSE

NOROVIRUS
650

SALMONELLA
450

LISTERIA
260

Older and immunocompromised adults, pregnant women, and young children are the most susceptible to foodborne illnesses, as well as the most likely to have serious complications or even death.

CAMPYLOBACTER
200

E. COLI
90

Norovirus affects more people every year than any other foodborne illness, likely because it can be passed from person to person, but the virus can also come from contaminated leafy greens, fresh fruit, shellfish, or water. Symptoms appear 12-48 hours after infection and can lead to severe dehydration. Be sure to drink plenty of fluids to replace those lost. Most people recover in 1-3 days.

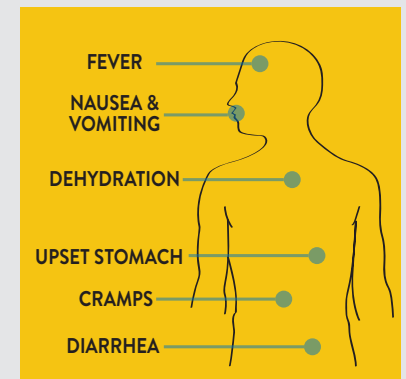
Salmonella is a common bacteria which can be ingested through eggs, raw meat, unpasteurized dairy or juice products, or raw fruits and vegetables. Those who handle live animals should be especially careful to use proper handwashing practices. It can take up to 72 hours for symptoms to set in, and while most people recover in 4-7 days without treatment, more severe cases may require antibiotics.

Campylobacter is one of the most common causes of diarrheal illness in the U.S. Symptoms take 2-5 days to develop and include diarrhea, stomach cramps, pain, and fever. The bacteria is often transmitted when a cutting board used to cut raw chicken isn't properly washed before being used to prepare other foods, such as salad or fruit. A single drop of juice from raw chicken is enough to transfer the bacteria to a person.

Escherichia coli (E.coli) bacteria are mostly harmless, but certain toxic strains cause illness. Undercooked ground beef, unpasteurized dairy

SYMPTOMS

Most cases of food poisoning will include stomach cramps, nausea and vomiting, and diarrhea, which can lead to dehydration. Norovirus and Salmonella may also include headaches, fever, and body aches, while the E. coli virus can also cause respiratory illness and pneumonia.



DID YOU KNOW?

Many of these illnesses are often erroneously referred to as “stomach flu,” though the influenza virus rarely causes gastrointestinal symptoms.

FOOD SAFETY IN THE NEWS

In January 1993, a deadly E. coli outbreak sickened more than 730 people linked to contaminated burger patties at Jack in the Box restaurants across the country. Investigations revealed that the restaurants had been undercooking their burgers instead of heating them to a temperature necessary to kill the virus. This singular outbreak led to numerous lawsuits, and eventually changed the way restaurants are required to operate.

Even as food technology advances, foodborne illnesses continue to threaten the population at alarming rates. In the past five years, meat and poultry recalls increased by two-thirds, and food recalls overall went up by 10 percent, according to USA Today. 2018 was rife with food recalls and stories of repeated outbreaks. Three separate recalls took Romaine lettuce off the shelves last year due to E. coli. More than 12 million pounds of beef were recalled once salmonella began making people ill. At least 100 people were sickened by McDonald's salads, and 250 people fell ill after eating Del Monte brand pre-cut vegetables infected with Cyclospora parasites. Already in January of this year, a cruise ship headed to Jamaica had to return to Florida after 475 people contracted norovirus. Eleven similar cruise ship outbreaks occurred the year prior.

News of illnesses, contamination, and recalls might make consumers nervous, but experts in the food safety industry tell us that our food supply is quite safe. Although recalls have become more prevalent, the number of cases of foodborne illness in the United States have decreased. Improvements and innovations in food testing, tracking, and reporting of cases have caused an uptick in the number of items being removed from stores and restaurants. In September 2018, the FDA changed its position on disclosing retail locations that may have sold or distributed recalled food. On January 17, FDA Commissioner Scott Gottlieb tweeted, "More actions to improve our recall policies are planned, including ways to further improve our ability to track and trace products through the supply chain."

For a list of current recalls and alerts, visit the USDA Food Safety & Inspection Service at: www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/current-recalls-and-alerts

Romaine lettuce caused three consecutive outbreaks of illness from E. coli in 2018.



products, and raw vegetables are common carriers of the toxic E. coli bacteria. Most people recover within a week, but 5-10% of people have a severe, even life threatening, reaction.

Listeria can be transmitted through contaminated food, most commonly deli meats, hot dogs, dairy products, and produce. The germ primarily affects pregnant women, newborns, and those with weakened immune systems. It is especially dangerous to unborn or newborn babies, so it is extremely important for pregnant and nursing women to avoid becoming infected. Onset of symptoms can occur as early as the same day of exposure, or as late as 70 days after exposure. Symptoms differ from other foodborne illnesses and can include headache, stiff neck, confusion, loss of balance, and convulsions, as well as fever and muscle aches. This disease requires treatment with antibiotics.

Staphylococcal food poisoning (staph) comes on very quickly and lasts no longer than a day. It is typically transmitted by uncooked or undercooked foods, such as sliced meats, or from food being stored at an unsafe temperature for more than 2 hours.

Clostridium perfringens (C. perfringens), like E. coli, is a bacterium found in many environmental sources, as well as in our intestines, but certain strains can multiply and produce a toxin that causes abdominal cramps and diarrhea. Symptoms typically start within 6-24 hours after infection and last for less than 24 hours. However, those with weakened immune systems can have severe symptoms that last a week or more. Because this bacteria can survive high temperatures, it is important to heat food to 140 degrees or more and refrigerate leftovers promptly.

RULES OF THE REFRIGERATOR

- 1. Assign someone to be in charge.** This person can create and enforce the fridge rules, as well as a cleaning schedule.
- 2. Mind your space.** Leave room for others. Reorganize the contents to make more room rather than mangling someone else's sandwich with your lunch container.
- 3. Label your things.** Avoid confusion by putting your name on your foods, condiments, and drinks. Consider adding a date so you know when to throw things away.
- 4. Use common courtesy.** It should go without saying, but if it doesn't belong to you, don't take it without asking. Clean up your own messes.
- 5. Keep it clean.** Wipe up spills right away. Remove empty containers. Throw out old leftovers.
- 6. Remove food before it spoils.** Ideally, one should bring only the food planned to be eaten that day. If you do leave foods overnight or longer, be sure to take them out before they start to stink.
- 7. Speaking of stinky food ...** avoid bringing foods with strong odors that might linger and seep into other people's food, such as fish or pungent cheeses.

When you share an office fridge, following some basic guidelines of both etiquette and safety will not only help you maintain good relationships with your coworkers, but also prevent people from getting sick.

Here are some guidelines for how long food will keep from spoiling and remain safe to eat:

TYPE OF FOOD	FRIDGE (40° OR BELOW)	FREEZER (0° OR BELOW)
Salads (egg, tuna, chicken, potato)	3 to 5 days	Do not freeze
Hot dogs, luncheon meat — opened	5 days	1 to 2 months
Hot dogs, luncheon meat — unopened	2 weeks	1 to 2 months
Bacon	7 days	1 month
Ground meats	1 to 2 days	3 to 4 months

TYPE OF FOOD	FRIDGE (40° OR BELOW)	FREEZER (0° OR BELOW)
Fresh beef, lamb, or pork	3 to 5 days	4 to 12 months
Fresh poultry	1 to 2 days	9 to 12 months
Soups and stews	3 to 4 days	2 to 3 months
Cooked meat or poultry	3 to 4 days	2 to 6 months
Leftover pizza	3 to 4 days	1 to 2 months

To better understand food storage, check out the [FoodKeeper App](#), developed by the USDA's Food Safety & Inspection Service, along with Cornell University and the Food Marketing Institute. Use it to look up specific foods to see how to store them, when to consume them, and when to throw them out. The app is available online, as well as for mobile Android and Apple devices. www.foodsafety.gov/keep/foodkeeperapp



An email blast will be sent from the State Loss Prevention Program prior to each of these webinars with registration information.

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UPCOMING TRAINING WEBINARS:

- 2/27/19
Workers' Compensation & Return To Work
- 3/13/19
Facility & Equipment Inspections
- 3/27/19
Promoting Employee Safety Awareness
- 4/10/19
Accident Investigations
- 4/24/19
Safety Coordinator Orientation

For questions, contact Juana Powell in the Division of Risk Management / Loss Prevention:

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CUMULATIVE TRAUMA DISORDER

PREVENTING INJURIES BY PRACTICING PROPER ERGONOMICS

Cumulative trauma disorder, or CTD, is a group of muscle, tendon, and nerve injuries caused or aggravated by repetitive body movements. Long-term exposure to adverse working conditions, such as improper work positioning, contact stresses, vibration, and cold exposure can lead to pain and injuries. The complex network of nerves, bones, and tendons can become irritated, resulting in elevated fluid pressure around the nerves, causing compression and even nerve damage. The tendons themselves can also become inflamed and compress the nerves, for example, in carpal tunnel syndrome.

Ergonomics is “the science of fitting workplace conditions and job demands to the capabilities of the working population” (NIOSH). Full-time employees spend about 2,000 hours per year in the workplace. Applying proper ergonomic principles to the workplace can decrease the possibility of employees developing CTD, thus resulting in fewer medical claims, as well as increasing efficiency and productivity.

Different jobs bring different risk factors for CTDs. Here is a list of some common examples of risks, as well as suggested solutions.

AWKWARD OR PROLONGED POSTURES Any fixed or constrained body position that deviates more than 20% outside of neutral is considered “awkward.” Awkward postures cause muscles to operate less efficiently so that more force is needed to complete tasks. Examples include twisting, bending, reaching, pulling, or lifting.

Employees should be properly fitted to their workstations to allow the body to remain in as neutral a position as possible. Use lift devices and ladders to avoid bending or reaching overhead. Changing positions, stretching, or taking breaks to walk can help ease pain and fatigue and increase circulation. Visit www.safetyandhealthmagazine.com/articles/13396-practice-proper-workplace-ergonomics for details about how to properly set up your workspace.

REPETITIVE MOVEMENTS Performing motions every few seconds with little variation produces fatigue and strain on the muscles and tendons, increasing the risk of tissue damage.

Workers should take “microbreaks” to recover from strain and fatigue – one to two minutes for every 20 or 30 minutes of repetitive activity. Breaks that involve active exercise, such as walking or stretching, are most effective. Alternate between work tasks whenever possible.

EXCESSIVE PHYSICAL STRESS Lifting, holding, pushing, or pulling objects can cause damage to the musculoskeletal system, especially if done improperly.

Be sure employees are educated in proper lifting techniques. Adjust monitors as needed to prevent eye and neck strain. Use mechanical assist devices, such as forklifts and hand trucks.

VIBRATIONS Prolonged use of tools that vibrate, such as saws, sanders, drills, etc. can restrict blood flow to the capillaries of the fingers.

Employees should be outfitted with vibration-dampening equipment such as gloves or tool wraps.

MECHANICAL CONTACT STRESSORS Muscles held too long in a static contraction (i.e. holding too long in one position), as well as contact with hard or sharp objects, can cause compression on the nerves.

Employees should take breaks to stretch and release muscles after long periods of contraction. Maintain neutral hand and wrist positions as much as possible. Be sure all sharp edges are covered at workstations.

PSYCHOLOGICAL STRESSORS A stressful work environment can cause employees to remain tense for long periods of time, take fewer breaks, or use repetitive motions, which can contribute to pain and injury.

Encourage employees to schedule breaks and use those breaks to “reset.” Deep breathing, stretching, or going for a walk are good ways to ease tense muscles and become more productive.

DE-STRESS AT WORK

TAKE A BREAK

Working through breaks does not cause workers to be more productive, but in fact lowers productivity. Stretch, take a walk, change your scenery. Don't be tempted to work through breaks or use them to do stressful things, like paying bills.

ACT, DON'T REACT

Feeling like situations are out of our control activates stress hormones, which hinders confidence, concentration, and well-being. Identify what you can control and focus on your own actions and responses.

EAT RIGHT, SLEEP RIGHT

Eating a low-sugar, high-protein diet can help fuel your body for maximum energy. Get sufficient sleep in order to rejuvenate your body for the next day.

GET YOUR PRIORITIES IN ORDER

Understand your role and focus on the projects and tasks that will have the most impact. Don't let details weigh you down.

DEEP BREATHS

Tension can cause us to hold our breath or take shallow breaths. A few moments of deep breathing in and out through the nose can help restore calm and focus.

ELIMINATE INTERRUPTIONS WHENEVER POSSIBLE

Set aside a certain time of day to read emails and return phone calls, set up office hours when others are invited to talk to you in person, and hang a "Do Not Disturb" sign when you need to focus.



SAFETY & LOSS PREVENTION WORD SEARCH

X E D K N E G O H T A P L B S
 E R S M M W E H Z B F I W E C
 J G E H T A E R B N Q B Q R S
 B O D C L E A N J M R P D D N
 A N Q I H I L L N E S S G E F
 C O K M R C H R A H F E S R O
 T M R P G F T K W E Q I Y H O
 E I O Q J W K S S E R T S C D
 R C P D R E P E T I T I V E B
 I S T W P O S T U R E R M F O
 A Y I N F E C T I O N O U Y R
 R Y R U J N I L Y U E I K O N
 V G B V R H G C D V U R K O E
 U A I I J F B G T B W P Z E J
 A M U A R T R M U B D A S U R

SEARCH TERMS

BACTERIA	BREAK	BREATHE	CLEAN
FRIDGE	ERGONOMICS	FOODBORNE	ILLNESS
INFECTION	INJURY	PATHOGEN	POSTURE
PRIORITIES	REPETITIVE	STRESS	TRAUMA

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