

FareShare in the Classroom

## Who is OH&S and why are they in the kitchen?

Thanks for watching our Occupational Health and Safety video, which hopefully means you can now answer the question above!

The FareShare kitchen is unique - it is the largest charity kitchen in Australia, but its workforce is nearly all volunteers.

To watch the safety video  
please go to  
<http://schools.fareshare.net.au>

Therefore safety is really important to us. So please take the quiz below to check you know how to keep yourself, your peers and those who receive our meals healthy and safe!

### Your task:

 Answer the multiple choice questions below using what you have learned from the FareShare safety video. If you get less than half right, we recommend you watch it one more time!

Q1. If you are feeling unwell on the day of your visit to FareShare you should

- a) Turn up anyway and see how you go - after all we need your help!
- b) Take the relevant medication (i.e. cold and flu tablet) which will stop you infecting others during your shift
- c) Call or email us at FareShare to let us know you won't be able to come into the kitchen
- d) Just stay home, we will assume you are sick when you don't show up

Q2. From the options below, select the best description of the appropriate clothing for work in the FareShare kitchen:

- a) Long hair under a hair net, ballet flats and a clean t-shirt
- b) A cap over short hair, clean apron and sturdy sandals
- c) Long hair tied back, clean apron over a singlet top and comfortable sneakers
- d) Hair under a cap, clean apron over a sleeved top and comfortable sneakers

**Q3. Once you are appropriately dressed, the first thing you will do upon entering the kitchen is to wash your hands and apply a gel sanitiser. You should repeat hand washing after which of the following:**

- a) Returning from your tea break
- b) Taking a phone call or checking messages on your phone
- c) Using the toilet
- d) All of the above

**Q4. You will be provided with disposable gloves when you come into the kitchen. These gloves should be worn**

- a) Only when handling meat products
- b) Only when dealing with potentially hazardous cleaning agents
- c) At all times, unless told otherwise by your supervisor
- d) If you have an injury or infection on your hand

**Q5. In case of emergency you will find exit points from the FareShare building at the following locations:**

- a) To laneway at the rear of the warehouse and out the front door
- b) To the rear of the kitchen, out the front door, or from the warehouse onto South Audley St
- c) The front entrance is the only safe exit point
- d) Out the front door, or from the warehouse and the kitchen into the rear laneway

**Q6. Kitchens can be hazardous work places. Choose the option that best describes safe work practices:**

- a) Work as quickly as possible, lift any items you are instructed to lift, leave all cleaning tasks until the end of the shift
- b) Immediately pick up any objects dropped on the floor, walk rather than run, if you injure yourself let the supervisor know at break time
- c) Clean up all wet spills, walk rather than run, let your supervisor know if an item is too heavy for you to lift
- d) If there are objects on the floor just move them out of the walkways, inform your supervisor immediately of any injuries, walk rather than run

**Q7. Knives are an essential tool in the kitchen, but it is important we treat them with respect. When a volunteer has finished with their knife, they should;**

- a) Carry it point down with the blade pointing behind them and place it into the sink for cleaning
- b) Carry it point down and in front of their body. Take it to the washing area but leave it visible on the bench
- c) Hand it blade-first to another volunteer that has been waiting to use it
- d) Leave it visible on the bench, away from the edge

**Q8. While in the kitchen it is ok to:**

- a) Drink from a plastic drink bottle
- b) Taste the food you are preparing to see that it is ok
- c) Eat the snacks that you brought with you as long as you wash your hands afterwards
- d) Drink from a glass container

**Q9. A volunteer has been cutting onions for quiches and is then asked to operate the new potato peeling machine, a task they haven't done before. Before they begin they should;**

- a) Wash their hands
- b) Ask a volunteer that has experience with the peeler to show them how to use it safely
- c) Tell the supervisor they have never used it before and wait for instructions before they start
- d) Read the clear instructions on the wall behind the machine and then get started
- e) A and C

**Q10. If you are unsure of anything during your time in the kitchen the best person to ask is...**

- a) your teacher
- b) your friends
- c) your supervisor
- d) yourself

Remember a safe kitchen is a more productive kitchen and the more meals we make the more people we help and the more food we can rescue. And we couldn't do it without you!

*So thank you for making a difference, and we look forward to seeing you in the kitchen!*