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B. Indoor Air Quality and Sanitation

1. Indoor Air Quality Rules

Staff, faculty and students can assist in controlling indoor air quality bin the()JTETQq0.00000912 0 612 7

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- v. Place refrigerated or frozen items in the shopping cart last, right before heading for the checkout counter.
 - vi. When loading the car, keep perishable items inside the air- conditioned car not in the trunk.
 - vii. Drive immediately home from the grocery. If you live farther away than 30 minutes, bring a cooler with ice from home; place perishables in it.
- b. Safe Storage of Foods
- i. Keep it safe; refrigerate.
 - ii. Unload perishable foods from the car first and immediately refrigerate them. Place securely wrapped packages of raw meat, poultry, or fish in the meat drawer or coldest section of your refrigerator.
 - iii. Check the temperature of your unit with an appliance thermometer. To slow bacterial growth, the refrigerator should be at 40 °F; the freezer, 0 °F.
 - iv. Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- c. Safe Food Preparation
- i. Keep everything clean!
 - ii. Wash hands before and after handling raw meat and poultry.
 - iii. Sanitize cutting boards often in a solution of 1 teaspoon chlorine bleach in 1 quart of water. Wash kitchen towels and cloths often in hot water in washing machine.
 - iv. -contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash hands, cutting board, knife, and counter tops with hot, soapy water.
 - v. Marinate meat and poultry in a covered dish in the refrigerator.
- d. Thaw Food Safely
- i. Refrigerator: Allows slow, safe thawing. Make sure thawing juices do not drip on other foods.
 - ii. Cold Water: For faster thawing, place food in a leak-proof plastic bag and submerge in cold tap water.
 - iii. Microwave: Cook meat and poultry immediately after microwave thawing.
- e. Safe Cooking

Cook ground meats to 160 °F; ground poultry to 165 °F. Beef, veal and lamb steaks, roasts, and chops may be cooked to 145 °F; all cuts of fresh pork, 160 °F. Whole poultry should reach 180 °F in the thigh; breast

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- v. Carry perishable picnic food in a cooler with a cold pack or ice. Set the cooler in the shade and open the lid as little as possible.

- g. Handling Leftovers Safely
 - i. Divide foods into shallow containers for rapid cooling. Put food directly in the refrigerator or freezer.
 - ii. Cut turkey off the bone and refrigerate. Slice breast meat; legs and wings may be left whole.
 - iii. Use cooked leftovers within 4 days.
- h. Refreezing Food

Meat and poultry defrosted in the refrigerator may be refrozen before OR after cooking. If thawed by other methods, cook before refreezing.