



The Society of[®]
Food Hygiene
and Technology



E-LEARNING

Prospectus 2023

SOFHT's e-learning packages bring together the essentials of food safety and hygiene in 25 straightforward courses covering the basic principles and practices.

The perfect way to get new staff members up to speed and workplace ready. All e-learning course prices are quoted for 1-9 licences, but discounts are available for bulk purchases.



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LEVEL 1 FOOD SAFETY – THE ESSENTIALS OF FOOD HYGIENE

This course provides individuals with the basic knowledge of food hygiene and how to reduce contamination risks.

This course covers

- ▶ Food contamination and the types of food that are more likely to cause outbreaks of food poisoning if incorrectly cooked or incorrectly prepared
- ▶ Personal hygiene and how cleanliness has a direct impact on the quality of food produced
- ▶ The basics of food preparation and the importance of a clean workstation
- ▶ Proper food storage to ensure the safe quality of food produced

Who is it suitable for?

Ideal for those staff serving low-risk or wrapped food or for a new member of staff to determine the level of food safety knowledge before entering a kitchen for the first time. It is ideal for training large groups quickly and efficiently to ensure they comply with the basic legal requirements of food safety.

Duration

Approximately 30-45 minutes

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/the-essentials-of-food-hygiene/

LEVEL 1 HACCP TRAINING COURSE IN AWARENESS

This course is designed to equip employees with the knowledge and understanding of the basic principles of HACCP.

Training Course Content:

This e-learning course is made up of the following modules:

An Introduction to Level 1 HACCP in Awareness

This module introduces the learner to the course and explains how the food that is contaminated can result in illness. It specifically looks at the 'high risk' categories of people, such as pregnant women and the chronically ill. It is important to be aware that if anyone within the 'high risk' category becomes ill from food contamination, the consequences could be dangerous.

Module 1 - HACCP and Food Safety Hazards

This module explores what HACCP is, its origins and how it was developed. It looks at the different food safety hazards and how they can be prevented. It also looks at employee's responsibilities and the 'HACCP team'.

Module 2 - HACCP Prerequisites and Personal Hygiene

This module looks at what HACCP prerequisites are and their importance in implementing successful HACCP systems. It also looks at why personal hygiene is important to prevent the contamination and cross-contamination of hazards.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 15 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Understand what HACCP is and its origins
- ▶ Know who may write the business HACCP plan
- ▶ Know who might make up a HACCP team
- ▶ Identify what is included in food hygiene laws
- ▶ Know what Critical Control Points (CCPs) are
- ▶ Know the 14 main food allergens and how to handle them safely
- ▶ Understand the importance of preventing contamination and cross-contamination
- ▶ Identify food safety hazards and be able to control them effectively
- ▶ Know why personal hygiene, PPE and effective cleaning is important

Duration

60 minutes

Pricing

Member £14+VAT per person, Non-Member £17+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-1-haccp-training-course-in-awareness/



LEVEL 2 FOOD HYGIENE & SAFETY TRAINING IN MANUFACTURING (MULTIPLE LANGUAGES)

This introductory course is designed to equip food handlers with the knowledge and understanding of the principles involved in the safe handling and manufacture of food.

Training Course Content:

This course is made up of the following modules:

An Introduction to Level 2 Food Hygiene & Safety in Manufacturing

This section will present a course overview of what the user can expect to cover on this training.

Module 1 - The Importance of Food Safety

This module covers the importance of maintaining a high standard of food safety management and the consequences if this is not upheld. It looks at the legal responsibilities of a food worker and why it is imperative that food remains safe for the consumer.

Module 2 - The Importance of Personal Hygiene

This module concentrates on the importance of maintaining high standards of personal hygiene, in-order to work safely when handling and storing food in the workplace. It looks at how personal hygiene can result in the contamination and cross-contamination of foods.

Module 3 - Safe Cleaning and Use of Chemicals

This module looks at how to achieve the highest cleaning standards at all times with the use of cleaning chemicals, disinfectants and effective cleaning methods, while maintaining your safety and the health of the consumer.

Module 4 - Food Safety Hazards

This module looks at the knowledge you will need to work safely with all foods, raw and cooked, at every stage of the food preparation process.

Module 5 - Temperature and Storage Control

This module covers the importance of working with food safely in the preparation, cooking and holding of food safely during manufacturing processes.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to fully understand:

- ▶ The importance of good personal hygiene
- ▶ What unhygienic habits and behaviours are
- ▶ How food can become contaminated
- ▶ The basic rules for using protective clothing
- ▶ What unhygienic food handling is
- ▶ The importance of covering hair or tying it back
- ▶ The importance of effective hand washing
- ▶ Effective hand washing procedures
- ▶ The importance of reporting food-borne illnesses
- ▶ How to dress wounds hygienically in food premises

Duration

2-3 hours

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-2-food-hygiene-safety-in-manufacturing/



LEVEL 2 FOOD SAFETY – INTERACTIVE

This course offers relevant training and certification to meet today's increasingly high food safety standards. It covers all legally required areas, such as bacterial growth, food contamination and storing, preparing, cooking, and serving food safely. It also provides an in-depth understanding of the risks created when food safety and hygiene standards are neglected.

This course covers

- ▶ Food contamination and the best practices with regards to controlling food hazards
- ▶ The sources of bacteria and where these can be found
- ▶ Bacterial growth and the specific factors that enhance bacterial growth in low-risk and high-risk foods
- ▶ How food poisoning occurs through the consumption of unsafe foods and how to reduce and remove contamination risks. Also included in this module is a section on Allergens and Natasha's Law
- ▶ The role of an Environmental Health Officer and their responsibility in protecting public health
- ▶ How food safety risks arise in different areas, from purchasing food to storing, cooking, and serving it (including HACCP)

- ▶ How kitchen design can increase the chance of contamination and food safety risks
- ▶ How poor personal hygiene can affect the standard of food produced
- ▶ The importance of cleanliness and regular cleaning of workstations as a legal requirement
- ▶ Pest control and how a breach of legal standards can reduce a company's professional status and food hygiene rating.

Who is it suitable for?

Anyone working in any discipline of the catering sector and can be taken by individuals who don't only handle, prepare and serve food, but also those who transport food in vehicles.

Duration

Approximately 4-5 hours

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/food-safety-interactive/

LEVEL 2 FOOD SAFETY ASSESSMENT REFRESHER (ENGLISH, POLISH & ROMANIAN)

This course provides employees and new members of staff with a quick refresher of 30 randomly picked questions (from a bank of 60) to check appropriate knowledge of basic food safety regulations based on the level 2 food safety in catering syllabus. It is an invaluable tool for audit purposes, as well as essential in demonstrating a company's compliance with food safety regulations and their application of basic guidelines in the workplace. You will be assessed with questions to determine your understanding and whether you have ascertained the training objectives.

This assessment includes questions on

- ▶ The importance of storage temperature
- ▶ The importance of cooking and cooling temperatures
- ▶ Personal hygiene and poor food safety standards

- ▶ Cleanliness of the workstation/food premises and how this can affect the quality of food
- ▶ Food preparation and safe ways to handle food

Who is it suitable for?

Designed for employees who are required to take refresher training to demonstrate their knowledge of food safety is up to date. It can also be taken by new members of staff to ensure staff have prior knowledge of the basics behind handling, preparing and cooking food.

Duration

Approximately 30-45 minutes

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-2-food-safety-assessment-refresher-english-polish-romanian/



LEVEL 2 HACCP TRAINING COURSE IN UNDERSTANDING

This course builds on the basic principles of HACCP and the role that the committed food handler plays in the food safety management systems of the operation.

The content includes the twelve steps for implementing HACCP as well as the Codex Principles which enable an effective HACCP system to be developed and implemented.

Training Course Content:

This course is made up of the following modules:

An Introduction to Level 2 HACCP in Understanding

This section introduces the learner to the course. It looks at how food hygiene in all food processes is critical to ensure food remains safe for consumption as any company involved in the manufacturing, processing or handling of food products can use HACCP. This course will help you, as a food-handler, to play your part in understanding your role and the importance of implementing a HACCP system.

Module 1 - An introduction to HACCP and Hazards Associated in the Food Industry

This module explores what HACCP is, its origins and how it was developed. It looks at different food hazards and the dangers of contamination and cross-contamination. It also covers personal hygiene, PPE and legal requirements.

Module 2 - Implementing HACCP

This module looks at how to implement successful HACCP systems into a food business. It looks at the five steps of implementing HACCP, who should write the company's HACCP plan and how to produce a HACCP plan..

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Understand the origins of HACCP and its importance within the food industry
- ▶ Know who should write a HACCP plan and what is included
- ▶ Know the importance of maintaining HACCP documentation
- ▶ Identify what is included in food hygiene laws
- ▶ Know what Critical Control Points (CCPs) are and how to implement them
- ▶ Know the 14 main food allergens and how to handle them safely
- ▶ Understand the importance of preventing contamination and cross-contamination in HACCP systems
- ▶ Identify food safety hazards and be able to control them effectively
- ▶ Understand the role that cleaning and disinfection plays in a HACCP system

Duration

2 Hours

Pricing

Member £23+VAT per person, Non-Member £27+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-2-haccp-training-course-in-understanding/



LEVEL 3 FOOD HYGIENE & SAFETY TRAINING IN SUPERVISING

This course builds on the basic principles of food safety established in the Level 2 and is ideal for supervisors or those with management responsibilities for others.

The knowledge gained will help the delegate successfully guide and mentor their colleagues in achieving the aims of the food safety management system and deliver safe food to the end customer.

Training Course Content:

This course is made up of the following modules:

An Introduction to Level 3 Food Safety & Hygiene Training Course in Supervising

In this section, we'll cover what a level 3 food training course involves, the role it plays and who should be responsible.

Module 1 - Introduction to Food Safety & Microbiology

Covers food safety principles and factors responsible for incidents of foodborne illnesses.

Module 2 - Food-safety Hazards & their Control

Covers how to identify the different types of food safety hazards, including the four main groups, which are biological, chemical, physical and allergenic.

Module 3 - Food Poisoning & Food Borne Illnesses

It looks at food poisoning and foodborne illnesses, what factors are responsible for outbreaks, the symptoms and the control measures that can be put in place to minimise the risk of infection.

Module 4 - Personal Hygiene

It looks at good hygiene practices to help ensure that when handling food, food-handlers do not become a source of contamination.

Module 5 - Cleaning & Disinfection

Covers how to carry out effective cleaning and disinfection of equipment and facilities while following the relevant health and safety precautions to ensure the safe use of chemicals.

Module 6 - Waste Control

It looks at the types of waste in a food environment.

Module 7 - Pests & their Control

It looks at signs of pest infestation, how pests can become food safety hazards and the actions that should be taken where pest infestations exist by using good housekeeping techniques.

Module 8 - Food Premises & Food Equipment

Explains how before commercial food-handling operations can begin, the intended premises must be suitable and approved by the enforcement authority (environmental health).

Module 9 - Food Storage & Temperature Control

Covers the importance of following best hygiene practices and guidelines relating to the safe storage, transportation and temperature control of different types of foods to ensure food remains safe for consumption.

Module 10 - Food Packaging, Labelling & Traceability

Designed to help understand how and why we package and label food to keep food safe for the consumer.

Module 11 - Food Preservation

It looks at how yeasts, moulds and bacteria can cause the decomposition and spoilage of foods, which can make food unfit for human consumption.

Module 12 - Food Safety Management

It looks at the seven principles of HACCP (Hazard Analysis Critical Control Point) as a food safety management system and the benefits of implementing it effectively.

Module 13 - Food Hygiene Legislation

Designed to give a good understanding of the principal food hygiene legislation that applies to the UK and its relationship to European Community law.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 45 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Explain your responsibilities as a manager or supervisor of food-handlers
- ▶ Understand the responsibilities that a supervisor or manager holds in a food business
- ▶ Know the importance of preventing foodborne illness and the impact it has legally
- ▶ Maintain a good knowledge of the risks surrounding bacteria and how it can affect food
- ▶ Recognise the importance of ensuring food handlers maintain good personal hygiene
- ▶ Know the 14 main food allergens and how to handle them safely
- ▶ Understand the importance of preventing contamination and cross-contamination
- ▶ Know how to dispose of waste safely and its importance
- ▶ Understand how to thoroughly and correctly disinfect and clean food work surfaces and equipment
- ▶ Recognise the importance of maintaining a successful HACCP system
- ▶ Recognise the safe temperatures for storing, cooking and freezing food safely

Duration

6 - 7 Hours

Pricing

Member £84+VAT per person, Non-Member £90+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-3-food-hygiene-safety-training-in-supervising/



LEVEL 3 FOOD SAFETY REFRESHER

This course provides Supervisors with a quick refresher of 30 randomly picked questions (from a bank of 60) to check appropriate knowledge of basic food safety regulations based on the level 3 food safety in catering syllabus. It is an invaluable tool for audit purposes, as well as essential in demonstrating a company's compliance with food safety regulations and their application of basic guidelines in the workplace. You will be assessed with questions to determine your understanding and whether you have ascertained the training objectives.

This assessment includes questions on

- ▶ The importance of storage temperature
- ▶ The importance of cooking and cooling temperatures
- ▶ Personal hygiene and poor food safety standards
- ▶ Cleanliness of the workstation/food premises and how this can affect the quality of food
- ▶ Food preparation and safe ways to handle food

To book this course please visit: www.sofht.co.uk/e-learning/level-3-food-safety-refresher/

Who is it suitable for?

Existing Supervisory staff to test that their food safety understanding is up to date and in line with the latest regulations.

A quick assessment of new employees to check basic knowledge before entering a kitchen for the first time.

Duration

Approximately 30 to 45 minutes

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

LEVEL 3 HACCP TRAINING COURSE IN MANAGING

HACCP Level 3 training is designed to provide a greater depth of understanding of the principles, development and implementation of a successful food safety management system. This is designed for those with management or supervisory responsibility and equips delegates with the necessary skills to successfully manage a HACCP system.

Training Course Content:

This course is made up of the following modules:

An Introduction to Level 3 HACCP in Managing

This section introduces the learner to the course. It looks at how the in-depth ways in which HACCP can be implemented and maintained effectively in a business following best practice, its benefits and the costs to consumers and to businesses should the standards not be met and maintained throughout each of the food processes.

However, HACCP (Hazard Analysis Critical Control Point) is a proactive rather than a reactive food safety management system designed to ensure food remains safe at every stage of the process.

Module 1 - Food Safety Management and HACCP

This module explores what HACCP is; its origins and how it was developed. It looks at Codex HACCP guidelines and why it is important to implement effective HACCP systems into a food business.

Module 2 - Food Safety Hazards and Their Control

This module works as an introduction to food safety hazards and contaminants. It looks at how to prevent contamination and the survival of multiplication of pathogens in food.

Module 3 - Prerequisite programmes (PRPs)

This module covers Prerequisite Programmes (PRPs) and how to develop, design and implement effective PRPs as part of a HACCP system.

Module 4 - Preliminary steps to developing a HACCP plan

This module concentrates on the five preliminary steps to HACCP, such as how to assemble a HACCP team, identifying high-risk groups and environments, and other essential steps to developing a HACCP plan.

Module 5 - Steps 6 to 12 of the Codex Twelve Step Logic Sequence

This module is split into 7 sections concentrating on the codex principles. It looks at what each principle entails and how to implement these controls in a successful HACCP system.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 45 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Identify the importance of HACCP-based food safety management systems
- ▶ Recognise and identify hazards and risks
- ▶ Identify what should be included in pre-requisite programmes and their importance
- ▶ Implement effective HACCP principles within a food business/environment
- ▶ Describe what is included within a HACCP plan and why it is essential
- ▶ Recognise Critical Control Points (CCPs) and how to put corrective action procedures in place
- ▶ List the five preliminary steps included in the application of HACCP
- ▶ Identify what a PFD (process flow diagram) is and how it can be useful in managing a food business

Duration

4 - 6 Hours

Pricing

Member £84+VAT per person, Non-Member £90+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/level-3-haccp-training-course-in-managing/



ALLERGEN AWARENESS (INCLUDING NATASHA'S LAW)

This course will give you a series of ideas and guidelines on how to make sure that your establishment complies with the latest UK food laws. This is a legal requirement and will ensure that your customers are able to make informed choices when selecting what food to safely eat, but also that your consumers are not at risk of intolerance-related symptoms when consuming food served by your organisation.

This course covers

- ▶ Allergic reactions to food including anaphylaxis and the serious nature of symptoms that occur when the body's immune system responds to intolerance
- ▶ What the law says about allergen awareness and food packaging labels, and who it applies to
- ▶ The types of food causing an allergic reaction or intolerance and how the common causes of intolerance can be different in adults and children
- ▶ The types of action to take if a person consumes unsafe food and their body responds to the intolerance
- ▶ An overview of coeliac disease and lactose intolerance
- ▶ The labelling requirements for pre-packaged foods and understanding the legal requirements behind packaging in relation to customer care
- ▶ The labelling requirements for unpackaged foods, such as food served in a restaurant
- ▶ How to increase customers' allergen awareness through labelling and packaging
- ▶ How to avoid cross-contamination, particularly in large and micro food businesses where there is a lengthy process of producing the food. This may involve companies that manufacture food in factories before it is transported to a food store or restaurant
- ▶ Natasha's law which is the new requirement for food outlets to provide a full list of ingredients with clear allergen labelling on all foods prepared, pre-packed or sold to the consumer on the same premises

Who is it suitable for?

Any individual who participates in the process of storing, preparing, cooking or serving food. Or other individuals who come into direct contact with any foodstuffs.

Duration

Approximately 1 hour

Pricing

Member £20+VAT per person, Non-Member £23+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/allergen-awareness-natashas-law/



CLEANING IN THE FOOD INDUSTRY

A subject which is key to all food businesses. Clean premises and ensuring effective cleaning regimes are in place and practised is a legal obligation in order to prevent food contamination.

Training Course Content:

This course is made up of the following modules:

An Introduction to Cleaning in the Food Industry

This section introduces the learner to the course. Clean premises and equipment are probably the most important factor in achieving good wholesome food. Understanding cleaning and cleaning methods are vital.

Module 1 - Removing Hazards through Cleaning

This module concentrates on food premises and how the design and layout of a building are important to allow sufficient movement of staff and storage that follows HACCP (Hazard Analysis Critical Control Point) principles.

It also looks at Clean In Place (CIP) and why clean as you go methods are highly important and often the best practice.

Module 2 - Using Cleaning Chemicals Safely

This section of the course covers the different types of cleaning chemicals and energies that can be used when cleaning. Gaining an understanding of these chemicals and what they do is essential when conducting any cleaning task.

Health and safety practices should always be maintained when using cleaning chemicals; this module looks at the risks and hazards surrounding cleaning chemicals, including COSHH (Control Of Substances Hazardous to Health).

Module 3 - Safety Cleaning Procedures

In this final section, you will cover what cleaning procedures are to be undertaken, before or during any cleaning activity. It also looks at the importance of using safety data sheets and maintaining a colour-coding system to prevent contamination to food. Alongside this, it also looks at the six-stage cleaning procedures and how to conduct a cleaning schedule.

Finally, this module considers how people or staff members can be considered as food safety hazards themselves. This means that taking extra precautions when cleaning within food premises, such as maintaining good personal hygiene and washing hands thoroughly.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Identify the importance of cleaning
- ▶ Identify the purpose of HACCP and its origins
- ▶ List the requirements of food premises for cleaning purposes
- ▶ Identify the properties and methods of dishwashing
- ▶ Explain the terms 'CIP' and 'clean as you go'
- ▶ Explain the role COSHH plays in the food industry
- ▶ Recognise hazard pictograms
- ▶ Identify the reasons for cleaning clothing and PPE
- ▶ List the chemical storage principles
- ▶ Identify the difference between hazards and risk
- ▶ List the HSE 5 points to a risk assessment plan
- ▶ Recognise common chemicals used in the food industry
- ▶ Identify the importance of colour-coding
- ▶ Recognise cleaning procedures
- ▶ Identify the roles of cleaning personnel, in house and contract
- ▶ Explain what cleaning schedules are
- ▶ Identify the importance of correct storage of cleaning equipment and waste disposal

Duration

90 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/cleaning-in-the-food-industry/>



COSHH

This course covers the importance of handling hazardous substances safely in the workplace. Following RSPH Level 2 Health & Safety in the Workplace it covers some of the typical chemical substances which could cause harm in the workplace and how to identify the new warning labels.

Course content

- ▶ The COSHH acronym
- ▶ Examples of hazardous substances in the workplace
- ▶ Warning labels (European and International symbols)
- ▶ How substances can enter the body
- ▶ Use of data sheets
- ▶ REACH regulations

Who is it suitable for?

Any individual who works directly with or could encounter hazardous substances in the workplace.

Duration

30-45 minutes

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/COSHH/

FOOD HYGIENE BUSINESS START-UP & INDUCTION

For an SME or food business start-up one of the first concerns may be understanding what the food business operator needs to know and understand in order to be legally compliant. This course has been designed to provide start-up operations with the essential knowledge needed to begin producing safe, wholesome product from the start.

Course Content

- ▶ Level 2 food hygiene modules (in either retail, manufacturing or catering)
- ▶ Allergen awareness or allergen awareness manufacturing
- ▶ COSHH in the food industry
- ▶ Cleaning in the food industry
- ▶ HACCP awareness
- ▶ Health & safety food workers

Assessment

The online assessment for each course consists of multiple-choice questions. In order to be successful, candidates must achieve a certain pass mark to obtain the certificate. Each course within this package will have different targets according to the course criteria.

Duration

8.5 - 10 Hours (courses combined)

Pricing

Member: £65+VAT per person, Non-Member: £68+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/food-hygiene-business-start-up-induction/>



FOOD LABELLING

This Food Labelling course has been designed to help gain a better understanding of food labelling regulations and how to label food products legally and correctly.

Training Course Content:

This course is made up of the following modules:

Section 1 – Why do we label food?

- ▶ Legislation requirement
- ▶ Customer expectations

Section 2 – Labelling requirements

- ▶ Types of foods that require labelling
- ▶ Information required on a label
- ▶ Information not required on a label

Section 3 – Specific rules

- ▶ Specific rules for some products
- ▶ Ingredient lists and quantities

Section 4 – Warnings

- ▶ Food and drink warnings
- ▶ Nutrition health claims and supplements
- ▶ Organic food

Section 5 – Standards

- ▶ Organic certification
- ▶ BRCGS Requirements

Duration

90 Minutes

Pricing

Member: £12+VAT per person, Non-Member: £15+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/food-labelling/>

FOOD NUTRITION & HEALTHY EATING

A comprehensive learning resource for those working with food.

This course follows the Level 2 standard in Healthier Foods and Special Diets and is ideal for those who wish to develop their understanding of the principles of healthy eating and the role of diet and exercise in maintaining good health.

Suitable for staff working in care homes, schools, hospitals, prisons or others interested in diet and health.

Course content

- ▶ The link between diet and health
- ▶ How the human body uses nutrients
- ▶ How social, cultural, ethical, economical, political, geographical and religious beliefs are linked to diet
- ▶ Making healthy choices
- ▶ Special dietary requirements
- ▶ Food labelling
- ▶ Reducing salt, sugar and fat in the diet
- ▶ 5 a day and the eatwell plate initiative

Who is it suitable for?

Ideal for those who wish to develop and enhance their understanding of the principles of healthy eating.

Duration

3-5 hours

Pricing

Member £18+VAT per person, Non-Member £21+VAT per person

To book this course please visit: www.sofht.co.uk/e-learning/food-nutrition-healthy-eating/



GENERAL DATA PROTECTION REGULATION (GDPR)

This course is designed to identify risks arising from the processing of personal data and to minimise the risks as far and as early as possible. It will detail what to look out for and the best practices when it comes to data protection, so as to not risk staff, and therefore an organisation, breaking the rules unknowingly.

Training Course Content

This e-learning course is made up of the following modules:

Section 1 – Introduction

- ▶ What is GDPR?
- ▶ Why GDPR?
- ▶ Definitions

Section 2 – Rights for individuals

- ▶ Stronger rights for individuals
- ▶ What happens if you breach it?

Section 3 – Personal data

- ▶ The 6 principles
- ▶ What is personal data
- ▶ The 6 legal grounds
- ▶ What areas of a company's business will be affected

Section 4 – Data evaluation

- ▶ How to evaluate your data
- ▶ Marketing
- ▶ Your website
- ▶ Your Privacy Policy

Learning Objectives

- ▶ What is GDPR
- ▶ Why GDPR has been introduced
- ▶ What happens if you breach GDPR
- ▶ The 6 principles
- ▶ What is personal data
- ▶ The 6 legal grounds to process data
- ▶ What areas of the business will be affected

Duration

90 minutes

Pricing

Member £12+VAT per person, Non-Member £15+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/general-data-protection-regulation-gdpr/>



HAND HYGIENE FOR FOOD WORKERS

Hand hygiene has been shown to be a key weapon in controlling the spread of diseases and preventing food poisoning. In this course the key control measures are to ensure hands are maintained in a condition suitable for the safe production of food.

Course Content

This course is made up of the following content:

Section 1 - Hand Hygiene Statistics and the Importance of Good Hand Hygiene

This section covers a variety of statistical data related to hand hygiene, highlighting the importance of hand hygiene.

Section 2 - Bacteria and Understanding the Role of Skin Layers

This section of the course will help the learner to be aware of the type of bacteria to be found on the hands and the consequences of an infection. It explains the three layers of skin tissue; epidermis, dermis & hypodermis and the role they each play within our body and the type of micro-organisms that are found on our skin.

Section 3 - Food Borne Disease and the Role of HACCP System

This section will introduce how suffering from a foodborne disease is a result of consuming contaminated food or drink, often caused by microbes or pathogens found on the individual's hands and why a HACCP system can help to reduce the risk.

Section 4 - Hand Washing and using Rubber Gloves in the Food Industry

This section of the course covers the correct procedure of having good hand hygiene, the vital routine it plays in the food industry, as well as looking at the types of equipment that can be used to carry this out, such as, blown air dryers and towels. This section covers the role of using rubber/latex gloves in the food industry and the correct removing procedure to reduce contamination. It also looks at hand dermatitis, the job roles that often cause this, what preventions to take and the role of creams in this environment.

Section 5 - Introduction to Hand Dermatitis and Occupational Health Surveillance

This section looks at hand dermatitis, the job roles that often cause this, the preventions to take and the role of using a skin protecting barrier for such working environments. It also looks at identifying the need for a health surveillance system using health checks to help spot early signs of work-related ill-health.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 15 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ List the benefits of effective hand washing
- ▶ Name the categories of bacteria
- ▶ Explain what food-borne disease is
- ▶ Explain what HACCP (Hazard Analysis Critical Control Point) is
- ▶ Wash your hands effectively
- ▶ Explain why hand hygiene is so important
- ▶ Explain why rubber gloves are used
- ▶ Explain what dermatitis is
- ▶ Describe the causes, prevention and treatment of occupational dermatitis
- ▶ Describe what can happen if stress becomes prolonged

Duration

60 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/hand-hygiene-for-food-workers/>



HEALTH & SAFETY FOR FOOD WORKERS

Food handlers can easily be exposed to dangers in the course of their duties. This course has been designed to provide an understanding of the best practices to minimise the risk of accident or injury.

Course Content

This course is made up of the following modules:

An Introduction to Health and Safety for Food Workers

This section introduces the learner to the course and explains how the food industry can be a dangerous place to work.

Module 1 - Types of Dangers and Legal Responsibilities

This section of the course concentrates on the types of dangers that can be found in the food industry and due to this, the legislation that has been put in place to protect food workers. It also looks at the legal responsibilities of owners and managers and employees.

Module 2 - Minimising Risks in the Food Industry

This module of the course looks at some more hazards within the food industry, such as noise, burns and chemicals. It looks at how to minimise risks through the use of PPE (Personal Protective Equipment), hazard symbols and safety signs.

Module 3 - Good Practice

In this final section, you will cover maintenance and housekeeping, the importance of maintaining these acceptable practices and how they prevent hazards and risks within the food industry

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Name the five main types of accident highlighted by the HSE
- ▶ Identify hazards in food industry workplaces
- ▶ Name the legislations food companies must comply with
- ▶ Explain the responsibilities of owners, managers and employees in the workplace
- ▶ Explain what must be reported under RIDDOR
- ▶ Give some health and safety statistics
- ▶ List the 5-steps of a risk assessment
- ▶ Explain what to do in the event of a small fire starting
- ▶ Explain what should be in an evacuation plan
- ▶ Explain what 'bioterrorism' is
- ▶ Explain what the Government advice is in the event of a terrorist attack
- ▶ Name some major workplace accident categories
- ▶ Name the types of accidents and injuries that can occur in the food industry

Duration

120 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/health-and-safety-for-food-workers/>



INTERNAL AUDITING & ROOT CAUSE ANALYSIS TRAINING

This course is designed to ensure that attendees gain an understanding of the skills and techniques required to get the most out of internal auditing and provides practical guidance on root cause analysis techniques which can easily be adopted into your business with effective results.

Training Course Content:

This course is made up of the following modules:

Module 1

An Introduction to Internal Auditing and to How to Plan your Audit.

This section of the course concentrates on the importance of understanding what internal auditing is, the benefits it can bring to your business and understanding the roles and responsibilities of an audit team.

Module 2

Good Manufacturing Processes & Internal Auditing Food Defence.

In this section, we will cover the process of ensuring a food business maintains a high standard from preventing matter entering the finished product, carrying out planned maintenance of equipment, using approved suppliers, and understanding the effectiveness of pest control. It also covers food defence, HACCP, TACCP and VACCP and their roles within your internal audit.

Module 3

Root Cause Analysis

This section looks at Root Cause Analysis (RCA) and how it differs from HACCP, the benefits of RCA and the requirements for BRCGS food standards.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Explain what an audit is
- ▶ Recognise the importance of an internal food safety audit
- ▶ List the benefits of internal auditing to your business
- ▶ Describe the importance of a risk-based approach to internal auditing
- ▶ Explain Good Manufacturing Processes (GMPs)
- ▶ Identify Good Hygiene Practices (GHPs)
- ▶ Explain the differences between HACCP and Root Cause Analysis
- ▶ Describe the benefits of root cause analysis
- ▶ List the five steps in the root cause analysis

Duration

3 Hours

Pricing

Member: £35+VAT per person, Non-Member:£38+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/internal-auditing-and-root-cause-analysis-training/>



LEGIONELLA DISEASE

This course will help you understand the potential risks, responsibilities, and relevant standards regarding the management of Legionella bacteria and how it can cause illness.

Course Content

An Introduction to Legionnaires Disease

This section introduces the learner to the course. It explains what Legionnaires disease is and what bacteria causes it.

Module 1 - Sources of Legionella

This section of the course concentrates where legionella bacteria lives and how it can be found. It looks at the nutrients that Legionella needs to multiply.

Module 2 - Employers Responsibilities

This section of the course covers what the employer's responsibilities are when it comes to minimising the risk of legionnaire's disease and the relevant legislation relating to this. It also looks at what high-risk groups there are, and the risk assessments that need to be in place.

Module 3 - Health and Safety

In this final section, you will cover what PPE (Personal Protective Equipment) is needed when undertaking tasks that may cause a risk to health. It also looks at other tasks which can be considered as a risk if not undertaken safely, such as working at height and working in confined spaces.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Explain what Legionella is
- ▶ Identify the symptoms of Legionella
- ▶ Explain where it is found
- ▶ Explain how people can become infected
- ▶ Explain how to control the Legionella bacteria
- ▶ Explain what the managers' and employers' responsibilities are
- ▶ Carry out risk assessments and keep relevant records
- ▶ Explain the relevant legislation
- ▶ Explain relevant health and safety issues relating to PPE, working in confined spaces and working at height

Duration

120 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/legionella-disease/>



LISTERIA AWARENESS

This course will examine the practical identification, management and control of Listeria species in a food, dairy or beverage processing environment.

Course Content

This course is made up of the following modules:

An Introduction to Listeria Monocytogenes Awareness.

This section introduces the learner to the course. It explains what Listeria monocytogenes is and how it can be killed.

Module 1 - The Risk of Listeria

This section of the course concentrates on where Listeria can be found and how the infection is caused. It looks at the symptoms of infection and the vulnerable groups who are at high risk, which, if infected, can have serious consequences to health.

Module 2 - Food Manufacturing and Handling

This section of the course covers how outbreaks of Listeria can be caused by poor food manufacturing or food handling. It looks at a case study that shows a recalling of food products due to Listeria contamination.

Module 3 - Personal Hygiene and Cleaning

In this final section, you cover the importance of personal hygiene when working with food. This includes how to wash hands properly and maintain appropriate hand hygiene. It also looks at how thorough cleaning should always be practised in order to avoid contamination or cross-contamination.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 20 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Explain what Listeria monocytogenes is
- ▶ Explain where it is found
- ▶ List who is at most risk
- ▶ Explain how the infection is caused
- ▶ Identify the symptoms of the infection
- ▶ Explain how to prevent it
- ▶ Explain what good personal hygiene is
- ▶ Wash your hands effectively
- ▶ Explain what good hygiene practices are in RTE (Ready-To-Eat) areas
- ▶ Explain the importance of adopting good food and personal hygiene practices

Duration

60 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/listeria-awareness/>



MANAGING DISINFECTION & HYGIENE

Hygiene, cleaning and disinfection are key controls to minimise contamination of food which is critical in reducing the risks of food poisoning. This course outlines the key measures that can be employed to successfully decontaminate food contact surfaces.

Course Content

This course is made up of the following modules:

An Introduction to Managing Disinfection & Hygiene

This section introduces the learner to the course. It looks at how effective cleaning, disinfection and hygiene systems must be in place in the food industry. Clean, safe food cannot be handled or produced in dirty surroundings.

Module 1 – The Importance of Disinfection and Hygiene in the Food Industry

This module concentrates on the types of harmful bacteria and how it reproduces. It looks at the definitions of cleaning and disinfection, and the types of energy used within cleaning.

It also looks at the importance of colour coding, cleaning schedules and the responsibilities for cleaning.

Module 2 - Types of Cleaning, Chemicals, Disinfectants, Hazards and Symbols

This section of the course covers the different methods of cleaning and disinfection, such as heat and ultraviolet light. It also looks at other types of cleaning chemicals that can be used, and what to use them for. The different types of PPE to use, along with the different hazard symbols and CLP classification and other regulations which are important to the health and safety of the person undertaking the cleaning, are also discussed.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Name the four essential elements that bacteria or micro-organisms need to multiply
- ▶ Name types of bacteria that are not harmful
- ▶ Explain what 'pathogenic' bacteria are
- ▶ Name some pathogenic bacteria and where they are found
- ▶ Explain what harmful bacteria can cause in foods
- ▶ Name 'high-risk' foods
- ▶ Give the 'safe' temperatures that high-risk food should be kept at to avoid bacterial growth
- ▶ Explain the role of cleaning and disinfecting in food businesses
- ▶ Name the three types of energy used for cleaning and disinfection

Duration

60 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/managing-disinfection-and-hygiene/>



PEST AWARENESS

Pest management is a pre-requisite for ensuring food safety where food is manufactured, prepared, stored or sold. Everyone working in such environments has a critical part to play in a successful pest management programme.

This entry level course aims to convey the key facts concerning those pests that may present a threat in a food manufacturing, food premises or a storage environment.

Training Course Content:

This course is made up of the following modules:

Introduction Pest Awareness

This section introduces the course by showing the learner a scenario of a customer finding a fly in his soup at a restaurant.

Module 1 - Consequences of Pests

This section of the course looks at the consequences of pests as food safety hazards if they are found in food or within food preparation areas.

Module 2 - Types of Pests

This section covers the various types of pests that can cause harm, including common pests such as rats, cockroaches and mice.

Module 3 - Pest Control

In this final section, you'll cover the different methods of pest control and how to implement them safely, this will also help to prevent future pest infestations.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 15 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ explain the consequences of pest infestation
- ▶ explain what the EU Regulations requires of food producers
- ▶ explain what HACCP is and its role as part of Good Manufacturing Practices (GMP)
- ▶ Identify which insects and animals are common food safety hazards
- ▶ explain the dangers posed by pests
- ▶ identify the damage caused by pests
- ▶ identify the presence of pests
- ▶ explain ways in which pest infestation can be prevented
- ▶ explain how to store pesticides safely
- ▶ demonstrate how to store food safely
- ▶ list ways in which pests can be controlled
- ▶ name the Regulations that apply to the use of chemicals and pesticides
- ▶ explain the importance of stock rotation
- ▶ explain the meaning of 'FIFO'

Duration

30 Minutes

Pricing

Member £23+VAT per person, Non-Member £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/pest-awareness/>



TACCP & VACCP

Threat and vulnerability assessments of your process and supply chain were highlighted as a weakness in the now infamous "horsegate" contamination scandal in 2015 where horsemeat was substituted for beef and supplied across a wide range of the food industry. This course provides an entry level understanding of the management techniques that can be employed to reduce these risks.

Course Content

This course is made up of the following modules:

Introduction to TACCP & VACCP

This section breaks down the course structure and looks at why the terms HACCP, TACCP and VACCP were created.

Module 1 - What is TACCP and VACCP?

This module looks into great detail at what TACCP and VACCP is, what it stands for and why it is important within food safety.

Module 2 - Developing a Food Defence System

This module concentrates on what risk assessments should be taken, how to assemble a TACCP team and the types of attackers to be aware of.

Module 3 - The TACCP Approach to Assessing Threats and Vulnerabilities

In this final module, you will cover how to evaluate vulnerabilities, and look at the different applications of TACCP procedures that can be put in place to prevent hazards to health.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Explain the difference between TACCP, VACCP and HACCP
- ▶ List the six practical steps to implement a TACCP assessment
- ▶ Explain the importance of reviewing TACCP assessment documentation

Duration

90 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/taccp-vaccp/>



UNDERSTANDING E. COLI

This entry level course has been designed to provide the user with a key understanding of the nature, reservoirs and mechanisms of spreading this pathogenic micro-organism as well as the key control measures that can be used.

Training Course Content

This course is made up of the following modules:

Introduction to Understanding E. coli

This section informs the learner what content will be featured in the training course, as well as a key recommendation summary.

Section 1 - Understanding E. coli

This section covers topics such as what is E. coli, how it can spread and its symptoms. It also highlights the groups at most risk, what can be done to prevent infection, and how to protect others. To help understand the spread, it also discusses how the introduction of HACCP can help and how safe food hygiene practises can reduce the chances of cross-contamination.

Section 2 - The Spread of E. coli

This section looks at how the infection can spread by carefully looking at different but highly probably scenarios such as in a food factory, a school, a supermarket, a restaurant and a residential home.

Section 3 - HACCP Principles

In this section, HACCP will be looked at via its seven principles. These principles include conducting a hazard analysis, where significant hazards are likely to occur to record-keeping, and the act of recording information that can be used to prove that the food was produced safely.

Assessment

On completion of the course lessons and training material an online assessment will automatically unlock. The assessment will contain 30 multiple-choice questions and a mark of 75% or above will be required to pass.

The assessment will be marked instantly so delegates will know straight away if they have passed. If they don't pass first time there's no need to worry. Unlimited resits at absolutely no additional charge are available so the assessment can be taken again as many times as required.

Learning Objectives

On completion of the course, delegates should be able to:

- ▶ Explain what E. coli O157 is
- ▶ Explain how E. coli is spread
- ▶ Describe the symptoms of E. coli
- ▶ Identify those in a high-risk group
- ▶ Explain how to treat E. coli
- ▶ Explain how to prevent the spread of E. coli
- ▶ List the principles of HACCP
- ▶ Explain poor and safe food hygiene practices
- ▶ List some recommendations

Duration

120 minutes

Pricing

Member: £23+VAT per person, Non-Member: £27+VAT per person

To book this course please visit: <http://www.sofht.co.uk/e-learning/understanding-e-coli/>

COURSE PRICING

All e-learning course prices are quoted for 1-9 licences.
Discounts are available for bulk purchases of 10+ licences*.
Please contact the SOFHT Office for further information.

* Excluding General Data Protection Regulation (GDPR) and Food Labelling

Non-members can join now! Join today and enjoy reduced rates on these courses. A range of categories of membership are available and many additional benefits; please contact the Society's office for more details.

Reservations: An acknowledgement will be sent on receipt of the booking request and a VAT invoice will be issued for all monies received. Payment of fees or a PO number is required in advance of issuing the e-learning licences.

NOTE; IF YOU REQUIRE ANY FURTHER ASSISTANCE, PLEASE CONTACT: The Society of Food Hygiene and Technology, The Long Barn, Hurley Hall Barns, Nr Atherstone, Warwickshire CV9 2HT Tel: 01827 872500 Email: admin@sofht.co.uk Website: www.sofht.co.uk The organisers reserve the right to modify the sessions without prior notice. Data Protection - The personal information provided by you, will be held on a database. The Society sends out promotional material about its activities. Please inform the Society's office if you do not wish to receive this information. © The Society of Food Hygiene and Technology



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