

# SAFE COOKING PRACTICES & SUPERVISION REQUIREMENTS

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## Why This Matters

Unattended cooking is one of the leading causes of kitchen fires, food contamination, and equipment damage. HACCP and ISO 22000 require continuous control at every cooking stage to ensure food safety and fire prevention.

## The Risk

Leaving food on stoves or heat sources without supervision may lead to:

- Overheating, ignition, or smoke incidents
- Growth of harmful bacteria if temperature drops below 63°C
- Cross-contamination or spillage
- Damaged cooking equipment and food waste

## Never Allowed

- Leaving gas stoves or deep fryers running without supervision
- Leaving hot oil or open flame unattended
- Assuming someone else is watching the food
- Cooking while performing other unrelated duties

## Right Practice – What to Do



### 1- Always Supervise Cooking:

A designated cook or Assistant cook must remain in the kitchen while food is being cooked, boiled, or fried.



### 3- Use of Controlled Equipment for long simmering:

Slow cookers, steam kettles, or induction units with built-in thermostats and timers are recommended to be used for long simmering only if supervised periodically.



As per HACCP and ISO 22000 monitoring requirements and industry best practice (Codex Alimentarius, FDA Food Code 2022, FSA Catering Guidelines), long-duration cooking must be visually checked and recorded at least every 15–20 minutes to ensure temperature and safety control. For all open-flame and/or uncontrolled equipment, continuous supervision is required



### 2- Switch Off Heat When Leaving:

Never leave gas or open-flame burners unattended.



### 4-Maintain Safe Temperatures:

Keep hot food above 63°C and cold food below 5°C at all times.



### 5- Cover & Label Food:

If temporarily removed from heat, cover properly and record time and the handler's name.



### 6- Shift Handover:

Ensure the next cook is briefed if simmering or holding continues across shifts.

