

What is the activity?	What are the hazards, risks and consequences?	Who's at risk	How can you reduce risk
<p><b>Volunteer(s) Cooking and delivering a fresh meal to isolated people</b></p>	<p>To volunteer – Risk of Burning or scolding of hands/arms/face during food cooking, preparation, and transportation, resulting in burns and discomfort</p> <p>To beneficiary – Risk of food poisoning or infection as a result of poor food preparation, handling or storage</p> <p>To beneficiary – Risk of Allergic reaction to food or ingredients. Resulting in illness to or death</p>	<p>Volunteers and public</p>	<p>Controls or actions you are going to take</p> <ul style="list-style-type: none"> <li>• <b>Volunteers</b> (where possible) to be supervised by an individual with a food hygiene certificate</li> <li>• <b>Volunteers</b> should only volunteer when the movement restriction allows</li> <li>• <b>Volunteers</b> must not enter the home of the isolated person and should maintain social distancing guidelines as laid out by the government at <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></li> <li>• <b>Volunteers</b> to make sure that the food prep area is clean and meets basic food hygiene standards</li> <li>• <b>Volunteers</b> to make sure they use over cloths or gloves when handling hot items such as pans, cooking trays and dishes etc.</li> <li>• <b>Volunteers</b> to make sure their prep area is not crowded</li> <li>• <b>Volunteers</b> to make sure that when cooking hot food that the food is cooked for the recommended recipe time, at the recommended temperature, and reaches a hot core temperature. This can be checked by inserting a metal fork or knife (or food thermometer) into the middle of the food, then leaving in place for a couple of seconds, and then removing. The metal should be very hot to the touch</li> <li>• <b>Volunteers</b> to make sure that the following cooking (or reheating) times and temperatures are also adhered to in order to kill any bacteria: Cook food until it has reached 70°C and stayed at that temperature for 2 minutes. The other time and temperature combinations are: 60°C for 45 minutes / 65°C for 10 minutes / 70°C for 2 minutes / 75°C for 30 seconds / 80°C for 6 seconds</li> <li>• <b>Volunteers</b> to make sure that all prepared food is labelled with the date when it was prepared, and when it should be consumed by</li> </ul>



**Argyll and Bute Third Sector Interface | 01369 700100 | [support@argylltsi.org.uk](mailto:support@argylltsi.org.uk)**

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			<ul style="list-style-type: none"> <li>• <b>Volunteers</b> to make sure that all prepared food is labelled with information about how it should be stored, and how it should be frozen/defrosted/cooked/reheated as appropriate</li> <li>• <b>Volunteers</b> to ensure that food is placed in appropriate containers for transporting and reheating hot food</li> <li>• <b>Volunteers</b> to add a label with a clear list of every ingredient and make sure this stays with the meal</li> <li>• <b>Volunteers</b> to make sure that they follow the guidance around 'exposure to COVID 19 virus resulting in infection' as laid out in the Volunteering Matters Risk assessment is followed.</li> <li>• Lots of helpful advice can be found here: <a href="https://www.food.gov.uk/food-safety">https://www.food.gov.uk/food-safety</a></li> </ul>
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## Notes

\* REGARDLESS OF SPECIFIC EXPOSURE RISKS, THE RECOMMENDATIONS REMAIN:

- Frequently wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand rub with at least 60% alcohol. See hand washing guidance here:  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/866065/Handwashing\\_techniques.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/866065/Handwashing_techniques.pdf)
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Try to avoid close contact with people who are unwell
- Clean and disinfect frequently touched objects and surfaces
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. See Government materials here:  
<https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5016>
- Put used tissues in the bin straight away



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\*The above risk assessment is an example of types of Hazards, Risks and Controls. You may need to consider other Hazards for the specified activity that have not been covered above

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