

COURSE OVERVIEW HE1073

Food Safety Level 2

Course Title

Food Safety Level 2

Course Date/Venue

July 07–11, 2025/Glasshouse Meeting Room,
Grand Millennium Al Wahda Hotel, Abu Dhabi,
UA

Course Reference

HE1073

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.



This course is designed to provide delegates with a detailed and up-to-date overview of food safety level 2. It covers the key food safety legislation that caterers must comply with, including definitions of key terms and information on how the law is enforced by environmental health officers; controlling microbiological hazards using temperature, time and preservation and why it's essential for cross contamination and food spoilage to be prevented.



Further, the course will also discuss the three categories of hazards covering physical, chemical and allergenic and some of their common sources plus ways of preventing them from contaminating food; the importance of maintaining control over suppliers and delivery as well as ensuring the food temperature is correct and the products are labelled adequately and stored safely; the correct temperature and time controls needed during food preparation including cooking, reheating, hot holding, cold holding and cooling.

During this interactive course, participants will learn the key responsibilities of food handlers in regards to personal hygiene and the importance of protective clothing and why it's necessary to control bad habits; the need for cleaning schedules and how employees can ensure they are cleaning the premises and food handling equipment safely and effectively; and some further useful information, documents and links that may need when starting up or running a food catering business.

Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain a comprehensive knowledge on food safety level 2
- Explain the key food safety legislation that caterers must comply with including definitions of key terms and information on how the law is enforced by environmental health officers
- Control microbiological hazards using temperature, time and preservation and explain why it's essential for cross contamination and food spoilage to be prevented
- Identify the three categories of hazards covering physical, chemical and allergenic and explain some of their common sources plus ways of preventing them from contaminating food
- Discuss the importance of maintaining control over suppliers and delivery as well as ensure the food temperature is correct and the products are labelled adequately and stored safely
- Determine the correct temperature and time controls needed during food preparation including cooking, reheating, hot holding, cold holding and cooling
- Identify the key responsibilities of food handlers in regards to personal hygiene and explain the importance of protective clothing and why it's necessary to control bad habits
- Recognize the need for cleaning schedules and explain how employees can ensure they are cleaning the premises and food handling equipment safely and effectively
- Provide some further useful information, documents and links that may need when starting up or running a food catering business

Exclusive Smart Training Kit - H-STK®



*Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.*

Who Should Attend


This course provides an overview of all significant aspects and considerations of food safety level 2 for those who work with wrapped or pre-packaged foods and food handlers in catering premises to understand their responsibilities in regards to handling and producing food that's safe for the consumer, including guidance on relevant legislation, how to control food safety hazards, temperature control, food storage, food preparation, personal hygiene and premises cleaning.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations

Haward's certificates are accredited by the following international accreditation organizations:

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

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The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units** (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

Course Fee

US\$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Dr. Rawda El-Sheikh, PhD, MSc, BSc, is a Medical Laboratory & Food Expert and a Senior Health, Safety & Environment (HSE) Consultant. She is well-versed in the areas of **HACCP, Food Sampling, Food Safety & Management, LIMS, Analytical Laboratory Management, Laboratory Equipment, Quality Control, Laboratory Accreditation, Laboratory Auditing, Biological Monitoring, Statistical Analysis of Laboratory Data, Analytical Chemistry, Toxicology Surveillance, Occupational Safety and Health, Food Safety Management.** She is also an expert in **Quality Management, Nutrition Promotion, Food Hygiene, Industrial Hygiene, Oilfield Safety Programs and Risk Assessment, Job Safety Analysis (JSA).** Presently, she is the **Professor in Public Health & Industrial Medicine of Al-Azhar University** and a **Certified Consultant** and a **Registered Trainer for Food Safety and Occupational Health & Safety Trainer** of various International oilfield companies.

Dr. El-Sheikh is a **Certified Lead Auditor** for **ISO 22000:2005, OHSAS 18001:2007, ISO 14001:2004** from the International Registered of Certified Auditors (**IRCA, UK**), **Certified Safety Manager/Trainer, HAZWOPER Training Specialist (HTS)** and **Safety Planning Specialist** from the National Association of Safety Professional (**NASP, USA**) as well as a **Registered Food Safety Trainer** from the National Environmental Health Association (**NEHA, USA**) and **Authorized OSHA Trainer for Construction** and for **General Safety** from the **OSHA Training Institute, USA.** She is also an **International Member** and an **Authorized & Approved Trainer of OSHA, NEBOSH, CIEH, ICOH, IASP, IEMA, IOSH and APHA.** Further, her vast professional experience includes facilitating **occupational, health, safety** and the **environment** aspects and continuous delivery of numerous training courses in coordination between World Health Organization (**WHO**) and Ministry of Health & Population. She has been the **Lecturer** in Public Health & Industrial Medicine and **Demonstrator** of Occupational Health & Industrial Medicine for various Universities as well as the **Public Health Trainer** for International Non-Governmental Organizations (**NGOs**), the **Consulting Editor** at the **Journal of Psychology (USA)** and **Field & Central Supervisor** for the Ministry of Health.

Dr. El-Sheikh has a **Doctor of Medicine (MD)** in **Occupational Health & Industrial Medicine**, has a **Master** degree in **Occupational Medicine (MSc)**, a **Bachelor** degree in **Medicine & Surgery (MBBCh)** and a **Diploma Certificate** in **Total Quality Management** from the **American University.** Further, she is a **Certified Instructor/Trainer, a Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership & Management (ILM)**, an **Approved Food Safety Person in Charge (Level 1-4)** by **Dubai Municipality (DM)** and has participated in various international conferences and **published numerous papers and journals** globally.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: Monday, 07th of July 2025

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0930	Food Safety Legislation Food Handlers and the Law • Key Terms
0930 – 0945	Break
0945 – 1130	Food Safety Legislation (cont'd) European and UK Regulations • Food Handler Training • Prosecution • HACCP
1130 – 1215	Food Safety Legislation (cont'd) Enforcement of Food Safety Law • Legal Notices
1215 – 1230	Break
1230 – 1420	Food Safety Legislation (cont'd) Due Diligence • Food Hygiene Ratings
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day One

Day 2: Tuesday, 08th of July 2025

0730 – 0930	Microbiological Hazards Top 10 Causes of Food Poisoning • Food Poisoning in the UK • Symptoms of Food Poisoning
0930 – 0945	Break
0945 – 1100	Microbiological Hazards (cont'd) Preventing Food Poisoning Outbreaks • Microbiological Hazards • Controlling Temperature and Time
1100 – 1215	Microbiological Hazards (cont'd) Low and High Risk Foods • Cross Contamination • Common Food Poisoning Bacteria

1215 – 1230	Break
1230 – 1420	Microbiological Hazards (cont'd) Food Spoilage • Food Preservation • Preventing Microbiological Contamination
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Two

Day 3: Wednesday, 09th of July 2025

0730 – 0930	Physical, Chemical & Allergenic Hazards Physical Hazards • Types of Physical Contamination • Controlling Physical Contamination • Chemical Hazards
0930 – 0945	Break
0945 – 1100	Physical, Chemical & Allergenic Hazards (cont'd) Controlling Chemical Contamination • Allergenic Contamination • Food Intolerances • Controlling Allergenic Contamination • Anaphylactic Shock • Allergen Laws
1100 – 1215	Food Storage Choosing a Supplier • Food Distribution and Deliveries • Food Labelling and Storage • Use by Dates and Best Before Dates
1215 – 1230	Break
1230 – 1420	Food Storage (cont'd) Refrigeration • Refrigerator Temperatures • Freezing and Defrosting • Stock Rotation
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Three

Day 4: Thursday, 10th of July 2025

0730 – 0930	Food Preparation Food Preparation • Cooking and Reheating
0930 – 0945	Break
0945 – 1100	Food Preparation (cont'd) Taking Food Temperatures • Hot Holding • Cooling Food • Food Service
1100 – 1215	Personal Hygiene Food Handler Responsibilities • Hand Hygiene • Hand Washing Procedures • Protective Gloves
1215 – 1230	Break
1230 – 1420	Personal Hygiene (cont'd) Bad Habits • Illness • Hair, Jewellery and Smoking • Protective Clothing
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Four

Day 5: Friday, 11th of July 2025

0730 – 0930	Food Premises Design & Cleaning Schedules <i>Food Premises and the Law • Principles of Design • Waste Management • Cleaning and Disinfection • Cleaning Schedules</i>
0930 – 0945	Break
0945 – 1100	Food Premises Design & Cleaning Schedules (cont'd) <i>Safe Cleaning • Six Stages of Cleaning • Cleaning Food Storage Areas and Chillers • Dishwashers • Pests • Preventing Pests</i>
1100 – 1215	Further Information <i>How to Register your Food Business • Contact your Local Authority</i>
1215 – 1230	Break
1230 – 1345	Further Information (cont'd) <i>Safer Food, Better Business • Legal Documents • FSA Publications</i>
1345– 1400	Course Conclusion <i>Using this Course Overview, the Instructor(s) will Brief Participants about Topics that were Covered During the Course</i>
1400 – 1415	POST-TEST
1415 – 1430	Presentation of Course Certificates
1430	Lunch & End of Course

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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