

**COURSE OVERVIEW HE0728(AF1)**  
**Essential Food Safety Training & Certification**  
**(EFST Program)**

**Course Title**

Essential Food Safety Training & Certification  
 (EFST Program)

**Course Date/Venue**

May 11-15, 2025/Slaysel 02 Meeting Room,  
 Movenpick Hotel & Resort Al Bida'a Kuwait,  
 City of Kuwait

**Course Reference**

HE0728(AF1)

**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***

Safe food is food that is free of contaminants. Food safety involves all the measures necessary to ensure the safety and wholesomeness of food at all stages from receipt of raw materials to sale to the customer.



This course is designed to provide a broad understanding of the principles of food hygiene and food safety systems and how to make the best use of them in terms of food handling. It will equip participants with the ability to develop, implement, and manage effective food safety management system. The course will cover hazards to food safety; the factors affecting food-borne illness; food safety regulations; food purchasing, receiving and storage; food preparing, holding, serving, reheating and facility plan.



This course formulates a key pillar in the capacity building of food handlers to learn about food safety matters (i.e. statuses in force, food business operator responsibility, role of food inspector, food borne diseases and cross contamination, safe food handling methods, food establishment good hygienic & manufacturing practices and, in advanced phases, food safety systems).

### Course Objectives

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

- Apply and gain a comprehensive understanding of food hygiene and food safety
- Enumerate the key pillars of food handling such as cleaning, cooking, reheating, chilling and freezing
- Evaluate the causes and effects of cross contamination & carryout ways to avoid or prevent it
- Employ safety procedures within the food handling environment
- Identify the physical, chemical and biological hazards related to food handling & safety

### Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Howard 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 essential food safety for those who may be involved in the support or implementation of food handling, food safety or quality management system, managers or other personnel of food and beverage-related companies who wish to implement proper food safety management system within their organization will also significantly benefit from this course and food safety auditors and consultants.

### Course Fee

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

### 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 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

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**. 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.







0945 - 1100	<b>Responsible Persons on Food Safety</b> Statutes in Force • Food Business Operator Responsibility • Role of Food Inspector • Role of Food Inspection • Government Intervention
1100 - 1230	<b>Food Handling Key Pillars</b>
1230 - 1245	Break
1245 - 1430	<b>Video &amp; Case Study/Workshop</b>
1430	Lunch & End of Day One

**Day 2 Monday 12<sup>th</sup> of May 2025**

0730 - 0900	<b>Cleaning</b> Cleaning Food Surfaces • Cleaning Refrigerators • Hand Contact Surfaces
0900 - 0915	Break
0915 - 1015	<b>Cleaning (cont'd)</b> Low Risk Surfaces • Clean & Clear as You Go • Maintenance
1015 - 1115	<b>Cooking Safely</b> Cooking • Visual Checks • Temperature Probes
1115 - 1230	<b>Cooking Safely (cont'd)</b> Hot Holding • Re-Heating
1230 - 1245	Break
1245 - 1430	<b>Video &amp; Case Study/Workshop</b>
1430	Lunch & End of Day Two

**Day 3 Tuesday 13<sup>th</sup> of May 2025**

0730 - 0900	<b>Chilling Safely</b> Chilled Storage • Chilled Display
0900 - 0915	Break
0915 - 1015	<b>Chilling Safely (cont'd)</b> Chilling Food with a Blast Chiller Options for Chilling Food
1015 - 1115	<b>Chilling Safely (cont'd)</b> Freezing
1115 - 1230	<b>Chilling Safely (cont'd)</b> Defrosting
1230 - 1245	Break
1245 - 1430	<b>Video &amp; Case Study/Workshop</b>
1430	Lunch & End of Day Three

**Day 4 Wednesday 14<sup>th</sup> of May 2025**

0730 - 0900	<b>Cross Contamination &amp; its Prevention</b> Microbial • Causes & Prevention
0900 - 0915	Break
0915 - 1015	<b>Cross Contamination &amp; its Prevention (cont'd)</b> Protective Clothing • Personal Hygiene Practices
1015 - 1115	<b>Cross Contamination &amp; its Prevention (cont'd)</b> Hand Washing • Pest Control • Separation
1115 - 1230	<b>Cross Contamination &amp; its Prevention (cont'd)</b> Cloths • High Risk Surfaces • Food Borne Diseases
1230 - 1245	Break
1245 - 1430	<b>Video &amp; Case Study/Workshop</b>
1430	Lunch & End of Day Four



**Day 5** **Thursday 15<sup>th</sup> of May 2025**

0730 – 0900	<i>Physical, Chemical, &amp; Biological Hazards</i>
0900 – 0915	<i>Break</i>
0915 – 1100	<i>Food Establishment, Good Hygiene &amp; Manufacturing Practices</i>
1100 – 1230	<i>Food Establishment, Good Hygiene &amp; Manufacturing Practices (cont'd)</i>
1230 – 1245	<i>Break</i>
1245 – 1400	<i>Food Safety Systems</i>
1400 – 1415	<b>POST-TEST</b>
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch &amp; End of Course</i>

**Practical Sessions**

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



**Course Coordinator**

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