

Cross-Contamination

Kitchen

The routes bacteria travel in a kitchen, and how to block each.

Every route needs its own barrier.

Routes

Board and knife shared raw to ready

Hands between tasks

Cloths and sponges

Fridge drips

Reused marinade

Washing raw chicken — splashes up to 50 cm

Barriers

Separate boards, colour-coded

Wash hands between raw and ready

Change cloths daily; microwave or hot-wash

Raw meat sealed, bottom shelf

Boil any marinade before reusing

Do not wash raw chicken. It does not reduce bacteria and it spreads them across the sink and worktop.