



HEY, HAAS!

FREE TRAINING TEMPLATE

Restaurant Food Safety Checklist

The core food safety milestones every team member must complete before handling food unsupervised.

6 Safety Milestones

Food Safety

Trainer Sign-Off Required

SAFETY MILESTONES — DEMONSTRATE BEFORE SIGN-OFF

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01 Personal hygiene & uniform standards

SAFETY

Cover handwashing frequency, nail and jewelry policy, hair covering requirements, and what to do if a team member is unwell. Trainee demonstrates correct handwashing technique independently.

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02 Handwashing procedure

SAFETY

Trainer walks through the correct 20-second handwashing sequence, when it's required, and what triggers a mandatory wash mid-shift. Trainee demonstrates without prompting.

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03 Temperature control & danger zone

SAFETY

Cover the temperature danger zone, correct probe thermometer use, hot holding and cold holding requirements, and what to do when a temperature is out of range.

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04 Cross-contamination prevention

SAFETY

Cover color-coded cutting board use, surface cleaning sequences, correct order of food prep, and the rules for raw vs. ready-to-eat food handling.

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05 FIFO & correct food storage

SKILLS

Trainer demonstrates correct date labeling, first-in first-out rotation, and storage hierarchy (raw below ready-to-eat). Trainee organizes a storage section independently before sign-off.

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06 Allergen awareness & declaration handling

MILESTONE

Cover the major allergens, how to identify them on the menu, and the correct response when a guest declares an allergy. Trainee demonstrates the full protocol without prompting.

+ 2 more items — unlock the full path in Hey, Haas!

This free template shows the core steps. The complete checklist, trainer scorecards, and live sign-off tracking are built into the Hey, Haas! app. [Start free at heyhaas.com](https://heyhaas.com) →

TRAINEE NAME

TRAINER NAME

TRAINER SIGNATURE

DATE CLEARED

Print clearly

Print clearly

Sign only when all items complete

MM / DD / YYYY