

2小时/4小时原则

The 2 hour/4 hour rule

| 食物描述 Food description | 日期 Date | 从温控设备中 取出的时间 Time taken out of temp control | 活动 Activity | 放回温控设备 的时间 Time placed back in temp control | 总时长 Total time | 纠正措施 Corrective action |
|--|------------------------|--|--|--|---|---|
| <i>例：</i> 肉和沙拉三明治 Example: Meat and salad sandwiches | 2023年4月21日 21/04/23 | 10:30上午 10:30 am | 准备三明治 Sandwich prep | 上午11:00 11 am | 30分钟 30 min | 放回冰箱 Back in fridge |
| | | 中午12:00 12 noon | 放置于午餐柜台顶部进行展示 Display on top of lunch counter | 下午1:20 1:20 pm | 1小时20分钟 +30分钟 1小时50分钟 1 hr 20 mins + 30 mins 1 hr 50 min | 将10个三明治放回冰箱 Put 10 sandwiches back in fridge |
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温度控制

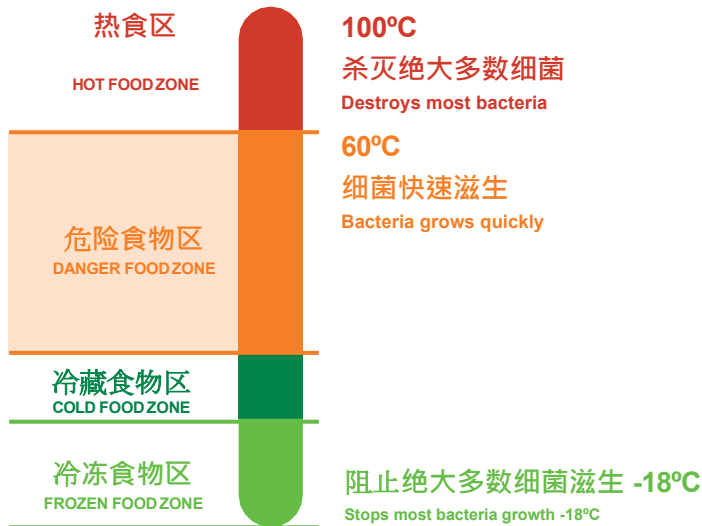
Temperature control

- › 将潜在危害性食物的温度维持在5°C及以下或60°C及以上的范围中。如果食物温度处于5°C至60°C之间，则须监控并记录该食物的温度。
- › Maintain potentially hazardous food at a temperature of 5°C or below or 60°C and above. If food is kept between 5°C and 60°C, this temperature must be monitored and recorded.
- › 在应用2小时/4小时原则时，切记相应时长是累计计算的——即每次食物温度处在5°C至60°C之间的时长需累计算出总时长。
- › Remember when using the 2 hour/4 hour rule, that time periods are cumulative – each time period that food is kept between 5°C and 60°C has to be added up to reach a total time.

纠正措施

Corrective actions

- › 如果潜在危害性食物温度处于5°C至60°C之间的时长少于2小时，则必须立刻冷藏或食用。
- › Potentially hazardous food that has been kept between 5°C and 60°C for less than two hours must be refrigerated or used immediately.
- › 如果潜在危害性食物温度处于5°C至60°C之间的时长多于2小时但少于4小时，则必须立即食用。
- › Potentially hazardous food that has been kept between 5°C and 60°C for longer than two hours but less than four hours must be used immediately.
- › 如果潜在危害性食物温度处于5°C至60°C之间的时长多于4小时，则必须丢弃。
- › Potentially hazardous food that has been kept between 5°C and 60°C for longer than four hours must be thrown out.



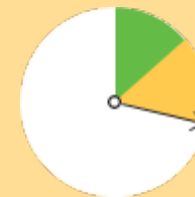
处于5°C至60°C之间的总时长

Total time between 5°C and 60°C

2小时以下 / Under 2 hours



2至4小时 / 2 to 4 hours



超过4小时 / Over 4 hours



您应该采取的措施 / What you should do

可以食用或冷藏于5°C
及以下环境中 / Ok to use

可以立即食用 /
Ok to use straight away

丢弃 /
Throw away