

## Listeria Awareness

This course explains the serious risks associated with Listeriosis, an infection caused by the Listeria bacteria. While anyone can be affected, the illness is particularly dangerous for vulnerable groups, where it may lead to severe complications such as sepsis, meningitis, or encephalitis. In the most serious cases, it can be life-threatening. However, the risk can be significantly reduced by following correct food handling and preparation practices. This training highlights the key steps to prevent contamination, protect vulnerable individuals, and ensure food safety at all times.

### Course aim:

This course is designed to give you a clear, basic understanding of Listeria. You will learn what it is, where it comes from, how to prevent it, how to recognise the symptoms of infection, and what treatment options are available should someone become affected.

### Course Objectives:

On completion of the course, you should be able to:

- Explain what Listeria Monocytogenes is
- Explain where it is found
- List who is at most risk
- Explain how the infection is caused
- Identify the symptoms of the infection
- Explain how to prevent it
- Explain what good personal hygiene is
- Wash your hands effectively
- Explain what good hygiene practices are in RTE (ready-to-eat) areas
- Explain the importance of adopting good food and personal hygiene practices

\*The course is made up of the following modules:

- An Introduction to Listeria Monocytogenes Awareness
- Module 1 - The Risk of Listeria
- Module 2 - Food Manufacturing and Handling
- Module 3 - Personal Hygiene and Cleaning

On completion of the course, an online assessment will automatically unlock. The assessment will contain 20 multiple-choice questions, and a mark of 75% or above will be required to pass.

**Course duration:** 45 minutes

**Accredited by:** CPD