

## 1. INTRODUCTION.

Dear All,

I hope all you are keeping safe and well. I am overly excited to see many of our accounts opening once again returning with intense focus towards HSE!

The management team has been working tirelessly over the past months to develop and implement advanced HSE measures as a company. The new SOPs, Safety Focus, Trainings, and more are an outcome of many days, hours, and non-stop research by team members across all levels at Cezars Kitchen.

The risks around us each day never cease to rest and hence, we cannot even for a moment, cease to be safe and cautious each day.

We are also in the high-heat season right now! Special care and attention must be observed towards the elder and younger customers and staff members alike. We are all prone to heat stress and we must work as a team to ensure each other's safety and remain well hydrated!

Lastly, I want to thank ALL the team members including office & onsite who have worked, supported, and continue to do so tirelessly to ensure the safety of our staff and customers remain the highest priority!

Yours in safety,

**Gordon Joseph**  
HSE & Compliance Manager



## INSIDE THIS EDITION.

**START SAFE WITH CEZARS**

Thank you for your continued trust in Cezars Kitchen. We hope that all of you are safe and healthy as we continue to navigate through the COVID-19 global pandemic.

The safety and health of all our employees and customers around the world continue to be of paramount importance to us!

We have been closely monitoring the COVID-19 developments for precautionary measures we are fully respecting and complying the recommended practices set by the local governments & authorities in all countries that we operate, along with this, we have been monitoring international trusted sources such as the WHO (World Health Organization), CDC (Center for Disease Control), FDA (Food & Drug Administration), EFSA (European Food Safety Authority) and the EPA (Environmental Protection Agency) to name a few.

Our top two priorities will always remain:

- The protection of our customers & the community
- The protection of our employees

**Safety Measures & Research**

To begin with, we are proud to say that we have had **no** COVID-19 illness reported by any of our staff or their immediate families across all our operations in a country! Our staff have been actively demonstrating and maintaining the highest levels of hygiene towards the Coronavirus.

If the WHO and EFSA have both published official research documentation to confirm that **food is not** a proven route of transmission for COVID-19. The COVID-19 is primarily a respiratory illness. More information regarding this research can be viewed on our [May 2020 HSE Newsletter](#).

Start SAFE with CEZARS. More on Page 2



Learn about Heat Stress on Page 3



Learn about balancing your energy on Page 4

## 2. START SAFE WITH CEZARS.

I am pleased to introduce to you our campaign “Start SAFE with CEZARS”. This campaign is a result of all our efforts as company to guarantee staff and customer protection while managing risks of COVID-19.

As we return to doing what we love by feeding our customers across 4 countries, it is important we remain united in our approach.

Science still proves that food is not a proven route of transmission. However, this is not sufficient. Over the past months, we have taken

many efforts to further enhance safety.

Onsite Kitchen and Operations Managers are conducting trainings and reopening inspections to ensure all staff have the necessary skills and knowledge on the requirements and additional safety measures that we have implemented.

Lastly, I am still grateful that no member of the Cezars Kitchen team has contracted the COVID-19! Please always continue to maintain the highest level of hygiene and protection.



**Cezars Kitchen has a dedicated webpage that outlines our efforts to manage COVID-19.**

**Please visit;**

[www.cezarskitchen.com/covid-19](http://www.cezarskitchen.com/covid-19) &

[www.cezarskitchen.com.my/covid-19](http://www.cezarskitchen.com.my/covid-19)



EUROPEAN COMMISSION  
DIRECTORATE-GENERAL FOR HEALTH AND FOOD SAFETY  
Crisis management in food, animals and plants  
Food hygiene

**Research and articles from the European Commission indicate that food is not a proven route of transmission for COVID-19.**

### 4.1. Can I get infected by the consumption of certain food?

According to food safety agencies in the EU Member States, it is very unlikely that you can catch COVID-19 from handling food. The European Food Safety Authority stated in addition that there is currently no evidence that food is a likely source or route of transmission of the COVID-19 virus<sup>7</sup>.

No information is currently available on whether the virus responsible for COVID-19 can be present on food, survive there and infect people. However, despite the large scale of the COVID-19 pandemic, there has been no report of transmission of the COVID-19 via consumption of food to date. Therefore there is no evidence that food poses a risk to public health in relation to COVID-19.

The main mode of transmission for COVID-19 is considered to be from person to person, mainly via respiratory droplets that infected people sneeze, cough, or exhale.

### 3. HEAT STRESS.

Heat Stress can be described as the state when the human body cannot remove excess heat from the body. This causes the core or internal body temperature to increase and can even be fatal if not managed in time.

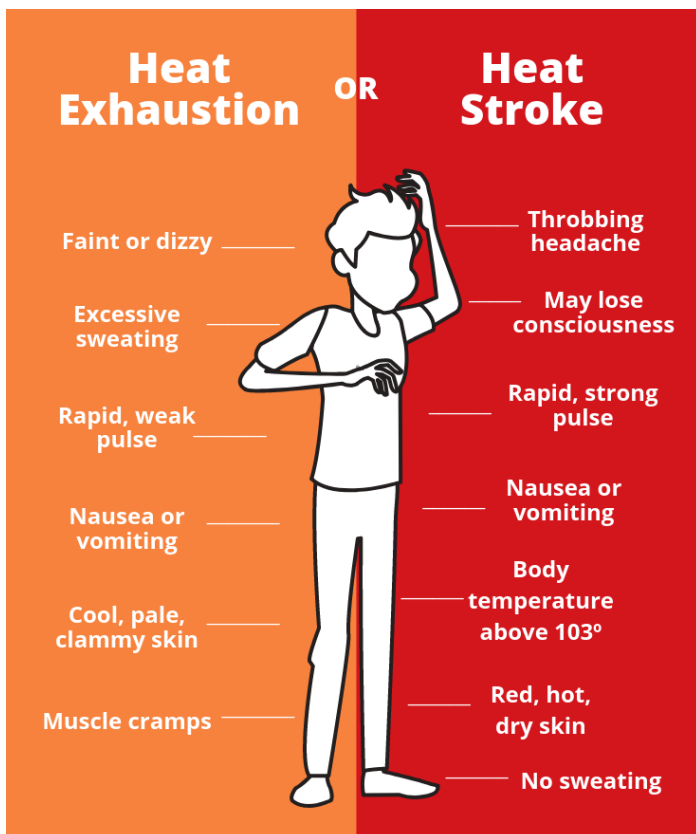
Heat Stress can have several other effects -

- ✓ Lack of or inability to concentrate.
- ✓ Fatigue.
- ✓ Dizziness.
- ✓ Stomach or gastro-intestinal discomfort.
- ✓ Irritability and more.
- ✓ No thirst or desire to drink fluids.
- ✓ Feeling sick or nauseous.
- ✓ Muscle cramps.

Persons of younger and older age along with those with pre-existing medical conditions are more likely to experience symptoms of heat stress and must take extra precautions.

Here are few tips to keep yourself, your team and even your family safe from Heat Stress:

- ✓ **Acclimatize:** Understand that when you return to working in a hot environment after a break greater than 7 days or an illness, your body needs to adapt once again.
- ✓ Drink plenty of water, even if you are not thirsty. Target 1 cup of water per hour.
- ✓ Stop or reduce alcohol and nicotine intake.
- ✓ Avoid deep fried, oily and fatty food.
- ✓ Take frequent short breaks and take turns within your teams.
- ✓ Ensure your teams are remaining well hydrated throughout the day!
- ✓ Get enough sleep, your body needs it.
- ✓ Use a sunscreen or UV protection when exposed under the sun.
- ✓ Improved response to all types of Risks.
- ✓ Reduced investigation time on incidents.
- ✓ Work in teams, never alone. You can monitor each other's health!
- ✓ If you feel any symptoms, immediately inform your team and your manager.



*If you or any team members experience any symptoms of Heat Stroke, immediately seek professional medical assistance.*

## 4. HEALTH: ENERGY BALANCE.

Energy is another word for ‘calories’, the energy you use for everyday activities such as cooking and walking use calories. In fact, even your bodily activities such as digesting food, breathing and sleeping burn calories! So, if an activity like sleeping burns calories, why do we gain weight?

The term ‘energy balance’ is one of the core components in nutrition. Energy balance consist of the equation: energy in = energy out. ‘Energy in’ originates from calories from food that we consume while ‘energy out’ consists of Resting Metabolic Activity (bodily activities at rest such as breathing), physical activity (routine activities like walking) and exercise (extra

physical activities such as going to the gym).

In short, we are left with 3 basic principles:

- (1) If energy in is greater than energy out, it leads to weight gain.
- (2) If energy out is greater to energy in, it leads to weight loss.
- (3) If energy in equals to energy out, it leads to weight maintenance!

The choice is in your hands!

Shazana Hassandi  
Head Dietitian & HSEQ Officer

