

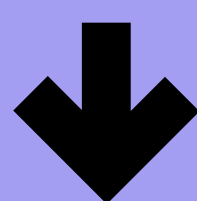
STINT



**MARUGAME
UDON**

Pre-shift Training

Here's a quick guide from Marugame on
how to ace your upcoming Stint



About the Stint

At Marugame, the continuous safety and protection of our customers and fellow team members/agency workers is considered vital to the company's core objectives. Therefore during your stint shift you are required to understand the essentials of food safety, health and safety and observe the company's procedures and practices.

We would also like you to meet as many of the team as possible and you may be asked to work in a number of different areas of the restaurant that are relevant to your Stint position.

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Personal Hygiene

1. You must remain clean and presentable at all times.
2. Inform the manager if you are suffering with any of the following: skin, nose, throat infection, stomach upset, diarrhea, sickness, allergies, Covid-19 symptoms.
3. The only jewellery kitchen staff are allowed to wear is a plain wedding band. Floor staff may wear a watch, small stud earrings and a plain wedding band.
4. Any cuts, sores and septic spots must be covered by a blue waterproof dressing. Fingernails must be kept unpolished, clean and short.
5. Hair must be tied back and head coverings provided must be worn. Facial hair is permitted if kept clean and tidy or wearing a beard net if needed.
6. Do not smoke, eat, drink or chew gum whilst in food service areas. Do not sneeze or cough near food.

Food Hygiene

1. Hands must be washed in warm water using antibacterial soap and dried thoroughly with blue roll before commencing the Stint and after smoking, eating, handling rubbish, touching raw meat, cleaning with chemicals and unpacking deliveries.
2. Follow food safety instructions either on packaging or from your supervisor.

Health and Safety

1. Report any hazard, accident or near miss (no matter how small) and if you see anything that may cause an accident or is dangerous inform the manager/supervisor immediately.
2. When carrying heavy items please bend your knees and keep your back straight. Do not lift or carry anything that is too heavy or awkward for you. Always check the route is clear before carrying objects to avoid tripping hazards.

3. Watch out for these hazards: wet/greasy floors, knives, broken glass, hot pans/containers. Please ask your supervisor how to dispose of broken glass.
4. Wear shoes that protect your feet.
5. Use the correct provided Personal Protective Equipment (PPE) (oven gloves/cloths) when handling hot equipment and containers/trays.
6. Take care when handling hot food and equipment - verbally warn others before/whilst carrying hot equipment.
7. Do not use any equipment unless you have been shown by your supervisor the correct safety techniques.
8. Follow correct fire procedures as instructed by the Supervisor; be alert to fire hazards and report any to them.
9. If using chemicals please follow manufacturers' instructions on the label and wear correct PPE.
10. Obey all the warning signs.

Remember to be **Stint SHARP** to get a 5 star rating:



S Start on time

We recommend arriving at least 5 mins early to make a great impression! Check in with the QR code.



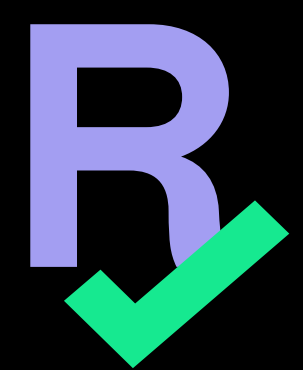
H High Speed

Do your tasks as efficiently as possible! And don't go on your phone.



A Attitude

Be proactive, smiley and happy to do any task. Ask if you need help.



R Reliability

Don't cancel a Stint with less than 24hrs notice, and don't leave your Stint early if it's not an emergency.



P Prepare for your Stint!

Make sure your uniform is nice and clean, and plan your journey. All the info you need is on the app!

Check out our Stint SHARP video too



Got questions?

Our team are always happy to help!



Help Centre

We have a range of helpful articles available in our online [Help Centre](#).



Live Chat

Why not test our brand new Live Chat? Simply open the app and go to:

Account > Help > Live Chat

STINT