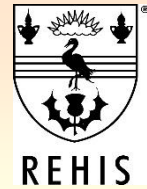


# Allergy Awareness Course

## Joint Award with REHIS



The Royal Environmental Health Institute of Scotland



After nearly six years, we have all become familiar with the Food Information Regulation which requires all food businesses to keep and provide the correct information about **14 key allergens when used as ingredients**. The amendment known as Natasha's Law is due to be implemented in October 2021 in England, Wales and Northern Ireland (and a consultation is now underway in Scotland) and many consumers and businesses are working out what this means for them. Landmark prosecutions for manslaughter and health and safety have taken place and food law prosecutions following reactions to foods and sampling projects by local authority officers are now reported weekly.

- The only way someone can avoid getting ill is to make sure they don't eat the foods they are allergic to. If you work with food, it is important to **take food allergy seriously and manage allergen risks**.
- This involves having **reliable and safe systems** to know what is in all food you handle and to control cross contamination
- Recent fatal and 'near miss' allergic reactions to foods have led to a **review of law** and the **practical ways in which people access information** especially in sandwich bars, cake shops and online
- Allergic people are reacting to increasing numbers of foods; both recognised and less well-recognised allergens
- We are learning more about their reactions and their symptoms, and lessons learned can reduce risks for others

### Aim of the course:

To protect increasing numbers of people with food hypersensitivity, focusing particularly on food allergies, by providing those responsible for their care and their food with information and skills.

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### Learning objectives of the course

- To understand the needs of people with allergies, intolerances and coeliac disease and the challenges of choosing food suitable for them when shopping and eating out
- To know which foods are most likely to cause reactions and which recipes require them
- To understand the legal obligations of supplying food to people with allergies and intolerances
- To understand about related conditions such as asthma, eczema, and allergic rhinitis (eg to pollens, cats, dogs etc)
- To have some insight into the needs of particular groups, babies, young children, teenagers, and the elderly and appreciate who is at greatest risk
- To know how to choose, prepare and serve suitable food for somebody with a food allergy or intolerance
- To understand environmental and other allergy risks in the everyday workplace eg from latex, soap, and cleaning products.

### Background to the course

This course was first developed in 2009 by Dr Hazel Gowland of Allergy Action and Graeme Kerr of Allergy and Hygiene Solutions Limited. Candidates who undertake the course and pass the exam receive the Joint Award (004/2011) of the Royal Environmental Health Institute of Scotland (REHIS). All those delivering the course are registered, trained and supported by Graeme and Hazel. Although this course has been delivered in face to face workshop format in the past, some of our trainers can now offer it online. We are also able to train trainers and provide update briefings online.

**Trainers** wishing to register to deliver the course should contact Graeme Kerr [allergyandhygiene@hotmail.co.uk](mailto:allergyandhygiene@hotmail.co.uk) or 07770 896929

**Clients** wishing to arrange a course should contact trainers directly via the REHIS webpage, or through Graeme as above.