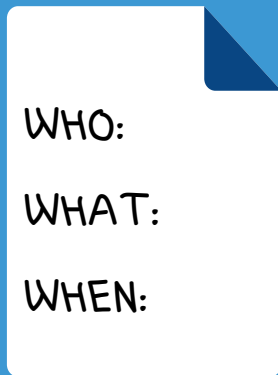


# Time as a Public Health Control

Always follow the **four hour rule** when using time as a public health control.

You must have **written procedures** in place.



After taking food out of hot or cold holding...

Have a system in place to keep track of time.

IN: 12 pm  
OUT: 4 pm

Sticky notes



Labels



Timer



Log

IN: 12 pm  
OUT: 4 pm



Record the time when food must be discarded.

Serve food within **four hours**.



Discard food after four hours.