

*Food (Control of Quality) (Poultry Slaughter houses, Slaughtering and Inspection of Poultry Meat)*

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**THE FOOD (CONTROL OF QUALITY) (POULTRY SLAUGHTERHOUSES, SLAUGHTERING AND INSPECTION OF POULTRY MEAT) REGULATIONS, 1993**

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GOVERNMENT NOTICE No. 85 published on 25/3/94

**THE FOOD (CONTROL OF QUALITY) ACT, 1978**

(No. 10 of 1978)

REGULATIONS

Made under Section 31

THE FOOD (CONTROL OF QUALITY) (POULTRY SLAUGHTERHOUSES, SLAUGHTERING AND INSPECTION OF POULTRY MEAT) REGULATIONS, 1993

1. These Regulations may be cited as the Food [Control of Quality] **Citation**  
[Poultry slaughterhouses, slaughtering and Inspection of  
Poultry Meat] Regulations, 1993.

2. In these Regulations unless the context otherwise requires:- **Interpre-**  
"abattoir" means premises approved and registered by the **tation**  
Commission to be used for the slaughter of poultry for human  
consumption and shall include export slaughterhouses.

"Act" means the Food (Control of Quality) Act, 1978;

"carcass" means the body of any slaughtered poultry after  
bleeding and dressing;

"dressing" means the removal of feathers after slaughter,  
bleeding and removal of viscera;

"giblets" includes the properly trimmed and washed liver from  
which the gall bladder has been removed, the heart with or  
without the pericardial sac, the gizzard from which the lining  
and the contents have been removed and any other part of the  
carcass considered to be edible by the consuming community;

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"meat Inspector" means a properly trained officer appointed by the Minister for the purpose of meat inspection and control of hygiene.

"Minister" means the minister for the time being responsible for health;

"occupier" shall include owner, manager or person incharge of an abattoir;

"poultry" means any bird that is commonly used as food;

"poultry meat" means the clean dressed flesh, that has been inspected by a meat inspector and found fit for human consumption, exclusive of giblets and eviscerated poultry.

**Construction and facilities of an abattoir** 3. (1) No premises shall be used as an abattoir unless they have been approved and constructed in accordance with plans previously approved in writing by the Commission.

(2) The occupier of any abattoir shall be required by the Commission to provide all or any of the requirements contained in the First Schedule of these Regulations.

**Hours of slaughter** 4. The occupier or owner of an abattoir shall fix the hours during which slaughtering may take place therein and shall post a notice of such hours on some conspicuous part of the abattoir.

**Fees** 5. The fees set out in the Second Schedule shall be payable by the owner of poultry in respect of the service or inspection carried out by or on behalf of the Government.

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6. (1) Every occupier of an abattoir shall keep or cause to be kept records of all poultry slaughtered and of all carcasses and giblets inspected, seized and detained at the abattoir in accordance to the provisions of the third Schedule. **Records**
- (2) Every occupier of an abattoir shall within ten days from the last day of the month deliver to the Commission a monthly return.
7. (1) All poultry intended for human consumption shall be inspected both at the antemortem and postmortem as provided in Part I of the Fourth Schedule of these Regulations. **Inspection and Slaughter**
- (2) No poultry shall, except with the consent of the meat inspector be slaughtered anywhere other than in an abattoir.
- (3) Notwithstanding the provisions of regulation 7(2), poultry may be slaughtered elsewhere other than in an abattoir in the case of illness, accident or other emergency of such nature as to render that course necessary.
- (4) Duties of a meat Inspector shall be as provided for in Part II of the Fourth Schedule.
8. (1) (a) No bird other than a bird so defined in regulation 2 shall be permitted for slaughter within any part of an abattoir. **Restriction on animals and birds and admission of carcasses to abattoirs**
- (b) No animal whatsoever shall be permitted within any part of an abattoir.

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(c) Every abattoir shall be adequately provided with walls, doors, windows and fences to prevent the ingress of any bird or animal.

(2) No carcass or poultry nor any part thereof shall be admitted to any part of a public abattoir unless:-

(a) it is accompanied by the certificate of a meat Inspector that it has been inspected in accordance with the provisions of these Regulations and passed as fit for human consumption; or

(b) it is accompanied by the certificate of a Veterinary Surgeon that the poultry has not died of any disease notifiable under the provisions of the Animal Disease Ordinance; or

(c) Such carcass is admitted in accordance with regulation 8 of these Regulations and all the poultry that was intended for slaughter on that day shall have been slaughtered.

(3) No carcass of poultry or any part thereof shall be admitted to any part of an export slaughterhouse which is used in the production of poultry meat unless the poultry was slaughtered:-

(a) in an abattoir, the operation of which is governed by the provisions of the Act; or

(b) in an abattoir expressly approved for that purpose by the Commission.

**Restriction** 9. No person shall enter any abattoir unless he is:-

**on entry of**

**persons**

**into**

**abattoirs**

(a) employed therein;

(b) an Officer of the Government or of a Local Authority acting in the course of his duty; or

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- (c) a person having legitimate business therein.
10. (1) Every meat inspector while inspecting carcasses shall wear a waterproof wrap-around apron covering the body from neck to knee, a pair of waterproof boots and a washable cap. **Restriction on hygienic conduct**
- (2) Every person employed in an abattoir, in the slaughter of poultry or the handling of a carcass shall wear a waterproof wrap-around apron covering the body from neck to knee, a pair of waterproof boots and a washable cap.
- (3) Every person employed in an abattoir, coldstore, carcass or poultry-meat conveying-vehicle in carrying carcasses or poultry meat shall wear a waterproof wrap-around apron covering the body from neck to knee, a washable cap and a pair of waterproof boots.
- (4) It shall be the duty of an occupier of an abattoir or employer of persons working at an abattoir, or coldstore to provide each employee with a white gown or overcoat covering the neck, hands and knee apart from the prescribed protective clothing in paragraph (1), (2) and (3) of this regulation.
- (5) All such protective clothing shall be kept as clean as is consistent with the performance of the wearers duties and it shall be the duty of employers to provide facilities for the washing of such clothing.
- (6) Knives, hooks or cloth that have been used for cutting, incising or have come into contact with any diseased organ or tissue shall not again be used for any purpose until they have been boiled in water to 85°C for not less than fifteen minutes or disinfected in another manner approved by the meat Inspector.

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- (7) Chicken, turkeys, ducks, geese, guinea fowls or pigeons shall be processed separate from one another to prevent the risk of cross contamination.
- (8) Poultry, carcass, or giblets found unfit for human consumption shall not be kept in the same room with those fit for human consumption but shall be kept in an accurately locked separate room and disposed of regularly at least once a day.

**Separation of equipment and utensils**

- 11. Equipment and utensils used for inedible or condemned poultry meat, giblets or carcass shall be identified and shall not be used for edible products.

**Handling of poultry meat and giblets**

- 12. (1) No person engaged in the handling of poultry meat and giblets shall allow meat to come into direct contact with floor, ground or unapproved surface.
- (2) After preparation the poultry meat shall be immediately cooled to an internal temperature of 4°C [39°F] or lower.
- (3) Giblets shall be chilled to 4°C [39°F] or lower within two hours from the time they are removed from the poultry.
- (4) Packaging shall be done under conditions which preclude the introduction of contamination into the product including separate wrapping of giblets and separate packing room for the different kinds of processed poultry.
- (5) Temperature and procedures which are used for cooling, and freezing carcasses, poultry meat and giblets shall be in accordance with operating practices which ensure the prompt removal of the heat and preserve the condition and wholesomeness of the carcass and all edible portions thereof.



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13. (1) No part of an abattoir shall be used for any purpose other than the slaughter of poultry, or the production of poultry meat and giblets. **Use of abattoirs**
- (2) No occupier shall allow any part of an abattoir to be used as a sleeping or living room except in so far as quarters are specifically provided for the use of night watchman.
- (3) No part of an abattoir shall be used for deposit of personal effects or clothing except in rooms or facilities specifically provided for that purpose.
14. (1) No carcass shall be inspected unless the whole carcass with all organs, is presented together for inspection. **Whole Carcass to be inspected**
- (2) Any carcass submitted for inspection with any organ removed shall be condemned.
15. No person except with the permission of a meat Inspector shall, prior to a complete inspection of any carcass, remove any part of the carcass; or obliterate any evidence of disease in the carcass or organ by washing, scrapping, trimming or otherwise treating the carcass or remove any mark or identification from the carcass, head or giblets until the meat Inspector has completed his inspection and give his decision. **Evidence of disease**
16. (1) No person shall remove any carcass or part thereof from any abattoir unless such carcass or part thereof has been inspected by a meat Inspector. **Restriction on removal of carcass or part thereof from abattoir**
- (2) Such removal made in accordance with paragraph (1) of this regulation shall have the consent of and be in accordance with the instructions of a meat Inspector.

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- Detention and seizure** 17. (1) Where a meat Inspector detains a carcass or part thereof he shall mark or label such carcass or giblet in a conspicuous manner with the word "Detained".
- (2) Where a meat Inspector seizes a carcass or giblet under the powers conferred by section 23 (1) of the Act he shall cut it deeply with a knife throughout its substance and mark or label it in a conspicuous manner with the word "Condemned".
- Separation and disposal** 18. (1) All detained carcasses or giblets shall be promptly removed to the detention room, or space where they shall remain pending the final judgement by the meat Inspector.
- (2) All seized carcasses or giblets or parts thereof shall be placed in special containers and removed to a place of disposal where they shall be disposed by:-
- (a) incineration;
  - (b) being buried after being rendered obnoxious; or
  - (c) being processed at the discretion of a meat Inspector to a product other than a product for human consumption.
- Branding of carcasses** 19. (1) Carcasses, organs and giblets which as a result of ante and post-mortem inspection are passed as fit for human consumption without further restriction shall be appropriately branded.
- (2) All carcasses, parts of carcasses, organs and giblets which as a result of ante and post-mortem inspection are found to be unfit for human consumption shall be held securely to the satisfaction of the meat Inspector until they are branded, stained, rendered, denatured or otherwise destroyed to exclude them from human food purposes.

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| 20. Where an injured or moribund poultry is admitted to or found in an abattoir, the occupier of such abattoir shall without delay notify a meat Inspector.  | <b>Injured or<br/>Moribund<br/>poultry</b> |
| 21. Any person who contravenes any of these Regulations, or who fails to comply with any notice or prohibition under these Regulations shall be liable to a fine not exceeding twenty thousand shillings or to imprisonment for a term not exceeding one year or to both such fine and imprisonment. | <b>Penalty</b>                             |

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**FIRST SCHEDULE**

(Regulation 3)

**PART I - SITE, ACCESSIBILITY AND CONSTRUCTION**

1. A slaughterhouse shall be located in an area which is reasonably free from objectionable odours, smoke and dust. Adequate dust-proof access-ways connecting the slaughterhouse with public roads shall be available. The slaughterhouse must be completely separated from any other building used for industrial, commercial, agricultural, residential or other purposes.
2. If a retail business is carried on within the official premises of a slaughterhouse, customers shall have access only to the room or rooms where such business is conducted and shall be excluded from the rest of the slaughterhouse.
3. The following minimum requirements shall be maintained in the construction of a slaughterhouse:-
  - (a) a room for the stunning and bleeding of poultry with arrangements for bleeding the poultry in a handling position;
  - (b) separate room for the storage, disposal and treatment of inedible and condemned birds carcasse and meat;
  - (c) material used shall be impervious, easily cleaned and resistant to wear and corrosion;
  - (d) walls shall be constructed so that they are smooth and flat and made of smooth-surface portland cement plaster or other non-toxic, non-absorbent material applied to a suitable base, walls shall be provided with sanitary bumpers to prevent damage by movable and other equipment;
  - (e) floors shall be constructed of dense, acid resistant, water-proof concrete and have a wood float finish;
  - (f) covers with sufficient radii to promote good sanitation shall be installed at the juncture of floors and walls in all rooms;

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- (g) ceilings shall be of good height and, as far as structural conditions permit, be smooth and flat and be constructed of portland cement plaster or other acceptable impervious material. If the ceiling has exposed hoists, these must be at least 60 centimetres on centre and be designed so that they are easy to keep clean;
  - (h) window-sills shall be at least 150 centimetres wide and the doors must be made of rust-resistant metal having tight soldered or welded seems. Door jumbs shall be covered with rust-resistant metal;
  - (i) all windows, doorways and other openings that would admit insects shall be equipped with effective insect and rodent screens;
  - (j) the buildings shall be sufficiency rodent-proofed;
  - (k) dressed timber shall be used for all exposed interior wood work, and it shall be painted with a good non-toxic oil or plastic base paint, treated with linseed oil or with a clean wood sealer;
  - (l) all parts of floors where wet operations are conducted shall be well drained, with at least one drainage inlet provided for each 35 square metres of floor space. The inlets shall be placed under the dressing rails if necessary in conjunction with drainage valleys, not less than 7.5 centimetres wide, with a slope of the floor towards the drainage valleys or inlets of at least 2.5 centimetres per metre;
  - (m) the waste disposal system must be of adequate size and comply with general and local regulations.
4. Drawings and specifications of alteration and construction of slaughterhouses shall be furnished to the Commission for approval in advance of application for designation of the slaughterhouse. The drawings shall be complete with specifications and consist of floor plans showing the location of features such as principal pieces of equipment, floor drains, principal drainage lines, hand-washing basins and hose connections. They shall further show roof plan elevations, cross and longitudinal sections of the various buildings showing such features as principal pieces of equipment, heights of ceilings, rails and character of floors and ceilings. There shall be further submitted a plot plan showing such features as the limits of the slaughterhouse premises, locations in outline of buildings on the premises, cardinal points of the compass and railways serving the slaughterhouse, all properly drawn in scale.

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5. Each slaughterhouse shall provide the following amenities:-
  - (a) an ample - supply of potable water with conveniently placed outlets;
  - (b) an ample supply of hot water at not less than 85°C shall be furnished and used for the cleaning of equipment, floors and the like, which are subject to contamination by the dressing of diseased carcass;
  - (c) sufficient natural and abundant artificial light at all places for proper conduct of the work.
  
6. The following specific adequate sanitary facilities and accommodation shall be furnished by every slaughterhouse:-
  - (a) dressing rooms, toilet rooms and urinals in sufficient numbers, ample in size and conveniently located;
  - (b) modern lavatory accommodations with hot and cold water, soap and towels or other equipment for drying hands and their use shall be supervised;
  - (c) properly located facilities for cleaning and disinfecting hands and utensils of handling carcasses and meat.
  
7. Suitable and sufficient bandages, dressings, including waterproof dressings, and antiseptics shall be provided and maintained for first-aid treatment in every slaughterhouse premises, in a readily accessible position for use of persons engaged in the slaughterhouse.

**PART II - FACILITIES OF AN ABATTOIR**

1. The rate of flow of water into scalding tanks shall provide a continuous replacement of water so as to protect against a build up of contamination in the scalding tanks, and such tanks shall be emptied regularly at reasonable intervals.
  
2. Machines used for plucking shall be designed to stop the scatter of feathers and all feathers shall be removed and stored in suitable containers for disposal.

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3. (a) Wax dipped poultry shall be handled so that the set wax and the removed feathers shall fall into a suitable container.
- (b) Feather separation sieves included in wax dipping machines shall be removed and cleaned once daily.
- (c) All reclaimed wax shall be heated to a temperature of not less than 80°C[176°F] for period of not less than 20 minutes and shall be skimmed, washed and filtered or passed through a centrifugal cleaning machine and afterwards stored in a clean place.
  
4. (a) Evisceration troughs shall be constructed of stainless steel or other suitable material.
- (b) The water flow shall be in the opposite direction to where the carcasses are travelling so that the carcass arrives for cooling at the point where clean water enters the trough.
- (c) The number and placing of the water outlets shall be constructed as to prevent the accumulation of build up material in the troughs.
  
5. (a) Storage containers for inedible material shall be leakproof, constructed of metal or other suitable impervious material which is easy to clean and covered with close-fitting lids.
- (b) Where chutes or other continuous disposal methods are used, they shall be so constructed as to protect against contamination or offensive odour.
  
6. Equipment used for chilling the carcasses and edible organs shall be constructed of stainless steel or other suitable material and shall be so operated as to protect against the build up of micro-organisms.

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G.N. No. 85 (contd.)

**SECOND SCHEDULE**

(Regulation 5)

**FEES TO BE CHARGED:**

Charges for Ante-mortem inspection - 15/= per poultry.

Charges for Post-mortem inspection - 10/= per poultry.

Charges for slaughter - to be fixed by local authorities/owner of an abattoir.

**THIRD SCHEDULE**

(Regulation 6)

**DETAILS OF RECORDS TO BE KEPT AT AN ABATTOIR:**

1. Number of various species and classes of poultry slaughtered.
2. Number of various species and classes of poultry inspected.
3. Number of entire carcasses of various species and classes condemned with all the organs and giblets and the disease for which they are condemned.
4. Number of various species and classes of poultry condemned partially and of organs condemned, the disease for which they are condemned and the names of portions and organs condemned.
6. Methods of disposal of condemned carcass, meat or organs i.e. whether by burning, burial, processing in digesters or melter, sterilization, sale or otherwise.



**FOURTH SCHEDULE**

(Regulation 7)

**PART I - INSPECTION PROCEDURE**

**A. Ante-mortem Inspection:**

1. There shall be a separate room for storing live birds and for carrying out ante-mortem inspection.
2. (a) The ante-mortem inspection shall be carried out immediately before any slaughter; and  
(b) sufficient light shall be provided for inspection.
3. No poultry which has been brought to the slaughterhouse compound for purposes of slaughter shall be removed therefrom whether for slaughter or otherwise unless permission in writing has been granted by the meat Inspector.
4. During inspection, the following details shall be noted:-
  - (a) disease symptoms which may influence the general health of the bird;
  - (b) the presence of notifiable infectious disease or symptoms which may suggest that such disease has developed;
  - (c) emaciation, dirty ruffled feathers, abscesses and infected wound, discolored and oedematous comb, diarrhoea, gaping or sneezing, discharge from eyes and/or nostrils, lameness and central nervous system disorder.
5. Any poultry which, on ante-mortem inspection is found with or suspected of any of the features enumerated in paragraph (4) of this Part, shall be marked or identified and taken aside and slaughtered after the killing of the normal poultry has been carried out.
6. No carcass derived from a bird found to be "a suspect" by the meat inspector during ante-mortem inspection shall be passed to be fit for human consumption or as being free from organisms causing meat-borne diseases.

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*G.N. No. 85 (contd.)*

7. The carcass from which samples have been taken for bacteriological examination shall be retained under lock and key until final decision is reached.
8. Any bird showing on ante-mortem inspection a disease or condition that would necessitate condemnation on post-mortem inspection shall be condemned.
9. The condemned birds shall, if not already dead, be killed in the post-mortem room only and be disposed off immediately and shall not be given or exposed to any human being for consumption.

**B. Post-mortem Inspection:**

1. The post-mortem inspection shall be conducted at the time of evisceration.
2. The carcass shall be opened so as to ensure sufficient exposure of the organs and body cavity for a proper examination.
3. The liver, spleen, gizzard, proventriculus, crop and intestines shall be drawn out but in such a way that the organs are still connected to the body.
4. The external inspection shall comprise of the dorsal, lateral and ventral surfaces of the body as well as the head, tail, wings and legs.
5. The internal surface is inspected at the time of the inspection of the extracted organs.
6. At the external inspection, attention shall be specially directed towards the following diseases and conditions which can determine segregation, or condemnation of the birds:-

eczematous diseases, wounds, other lesions, staining, inadequate bleeding, haemorrhages in the skin [in the subcutaneous tissue or musculature], heavy contamination, atrophy, presternal bursitis, joint and tendon sheath inflammation, abscesses and tumours.

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7. At the internal inspection, the abdominal and thoracic organs shall be examined together with the serous membranes and the air sacs, and it shall be noted whether there is an abnormal odour or a collection of blood, exudate in the body cavity.
  
8. On inspection of the organs, it should be noted whether there are inflammatory or other pathological conditions.
  
9. The carcass and organs shall be condemned and shall be unfit for human consumption if affected with or showing lesions of any of the following diseases or conditions:-
  - (i) abscesses, multiple
  - (ii) fowl cholera
  - (iii) fowl pest [fowl plague]
  - (iv) new castle disease
  - (v) tuberculosis
  - (vi) fowl typhoid
  - (vii) salmonellosis
  - (viii) septisaemia
  - (ix) erysipelas
  - (x) pseudotuberculosis
  - (xi) listeriosis
  - (xii) ornithosis/psitacosis
  - (xiii) botulism
  - (xiv) toxoplasmosis
  - (xv) coligranulimatosi
  - (xvi) infectious coryza
  - (xvii) chronic respiratory disease
  - (xviii) infectious sinusitis [in turkeys]
  - (xix) infectious bronchitis
  - (xx) infectious synovitis
  - (xxi) fowl pox
  - (xxii) emaciation
  - (xxiii) poisonings
  - (xxiv) staining [icterus, cyanosis]

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- (xxv) avian monocytosis [blue comb disease]
  - (xxvi) abnormal smell as a result of either disease, treatment or feeding
  - (xxvii) treatment with antibiotics or chemotherapeutics if slaughtered 6 days after treatment
  - (xxviii) contamination with oil, paints, etc.
  - (xxix) insufficient bleeding
  - (xxx) periocarditis-acute, septic
  - (xxxi) pleurisy acute, diffuse septic
  - (xxxii) pigmentation generalized
  - (xxxiii) salpingitis-acute, septic with complications
  - (xxiv) cloaca inflammation
  - (xxxv) infected bone fracture
  - (xxxvi) joint and tendon sheath inflammation in acute and chronic cases when carcass is emaciated
  - (xxxvii) osteopetrosis
  - (xxxviii) ectoparasites if the carcass is emaciated and anaemic
  - (xxxix) histomoniasis [blackhead] save where disease is in the process of healing and the carcass is in good condition
  - (xl) trichomoniasis
  - (xli) coccidiosis in acute or chronic cases with emaciation
  - (xlii) airsacomites
  - (xliii) rickets and porosis, save where the carcass is in good condition
  - (xliv) endoparasites-if the carcass is emaciated, anaemic
  - (xlv) hock disorder in turkeys-save where the carcass is in good condition
  - (xlvi) overscalding.
10. An organ or part of a carcass shall be condemned and shall be unfit for human consumption if affected with or showing lesions of the following diseases or conditions:-
- (a) abscesses, abrasions, bruises, tumours, cysts; provided that the affected parts together with the surrounding tissues shall be removed if the lesions are localized or encapsulated and there are no signs of spread or secondary infection.

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*G.N. No. 85 (contd.)*

- (b) ectoparasites, tapeworm infection, provided that the affected parts shall not be rejected when the lesions are slight and not numerous and the part has not changed in structure or appearance and that the carcass is in good condition and adequate trimming can be carried out.
- (c) inflammation: the diseased part only shall be condemned if the area is small and localized and no signs of spreading to other organs or tissue.
- (d) malformation: the affected parts shall be removed.
- (e) degeneration: The affected organ shall be condemned in case of degeneration. The whole carcass shall be condemned in case of degeneration of muscles when the larger part of the leg and the chest muscles show advanced and extensive degeneration.
- (f) pigmentation: calcification, infiltration, haemorrhages; the affected parts shall be condemned.
- (g) arthritis: the affected part shall be condemned provided it is a fresh fracture and there are no signs of infection or generalization.
- (h) arthritis: the affected joint shall be condemned if there are no signs of generalization.
- (i) crop: lameness or constipation, proventriculus of gizzard  
constipation: the affected part shall be condemned if the carcass is in good condition and there are no complications.

**PART II - DUTIES OF A MEAT INSPECTOR**

1. All regulation regarding hygiene and sanitation set forth in these schedules shall whenever applicable be observed by a meat Inspector.
2. Every meat Inspector shall possess at least two knives, which shall be kept in clean condition, and knives which are soiled by diseased matter shall not be used until they have been properly cleaned and disinfected.
3. When incising diseased parts, every meat Inspector shall avoid contaminating the healthy parts of the carcass or organs and the floor and other parts of the premises.

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G.N. No. 85 (contd.)

4. Any carcass or organ detained for further inspection or bacteriological examination shall be marked by the meat Inspector with a label stating "DETAINED".
5. The carcass organ or part marked "DETAINED" shall remain in a detention room, where it shall remain until a first decision has been reached.
6. The identity of every such detained carcass or organ shall be maintained until the final inspection has been completed.
7. When a slaughtered poultry is found by the meat Inspector to be well nourished and in sound wholesome condition and free from disease or other conditions which may be injurious to the consumers of the meat, the carcass shall be passed as fit for human consumption, and shall be stamped by the meat Inspector with the official mark of approval.
8. The official mark of approval shall consist of either an ink brand, burning brand or like device using such ink, design or size as the Commission may require. The stamps or marks shall be placed on such parts of the carcass or organs as the Commission may require.

Dar es Salaam  
...29.1.2... 1993

A.H. MAYAGILA  
Minister for Health