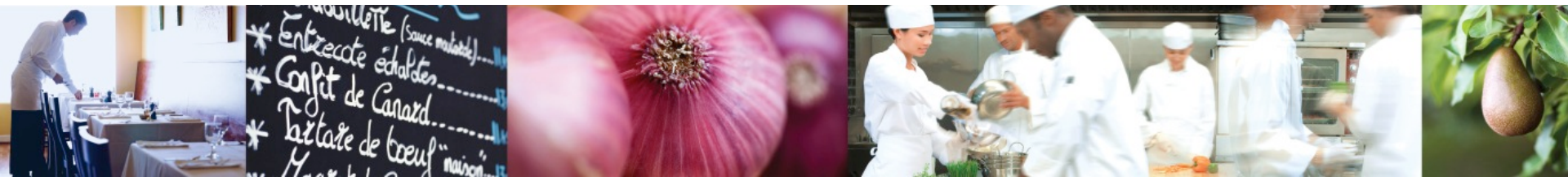




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Kitchen Safety

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Introduction

Objective

To outline common safety hazards in the kitchen to help prevent injury.

Key Messages:

- To identify common accidents that occur in kitchens:
Cuts, burns, falls and strains
- To recognize safety habits that help prevent injury



Kitchen Safety

The Foodservice Employee's Role

Kitchen Safety is Everyone's Responsibility

- A kitchen is full of hazards
- Look around - hot range tops, large boiling pots and sharp knives are a few examples of things you work with every day
- Accidents can easily happen in a kitchen if you're not careful

ALWAYS PUT SAFETY FIRST.

Common Accidents That Occur in Kitchens

- Cuts, burns, falls and strains are the most common accidents that occur in kitchens
- Be aware of your surroundings and eliminate potential risk of injury
- Regularly discussing ways to reduce risk will keep safety a priority

PREVENTION IS THE KEY TO AVOIDING ACCIDENTS.

<http://www.riskcontrol360.com/wp-content/uploads/Top-Ten-Safety-Tips-for-the-Restaurant-Employee1.pdf>

Avoiding Cuts

- Never operate a meat slicer or chopper without training
- Keep machines unplugged when not in use
- Keep knives sharpened and build this task into your daily practice
- Store knives in knife racks, not in bins or drawers
- Use a damp towel under cutting boards to prevent movement
- Cut and slice food away from the body
- Use knives for food prep, not opening boxes and containers
- Carry knives blade down, slightly away and back from your body
- Do not leave a knife in soapy water, wash and put away between uses
- Throw away broken and chipped dishware

https://www.osha.gov/dte/grant_materials/fy11/sh-22303-11/Restaurant_Safety_English.pdf

Avoiding Burns

- Turn pot handles to the back of the range
- Fill fryer baskets only half full
- Remove covers from pots by tipping away from you
- Wear gloves and oven mitts when handling hot pans; use long mitts when reaching into ovens
- Do not walk through the cooks' line during production times
- Allow heated equipment and hot pots/pans to cool before cleaning
- Turn off burners and fryers when not in use
- Dry food before slowly placing in hot oil; do not drop food into hot oil

https://www.osha.gov/dte/grant_materials/fy11/sh-22303-11/Restaurant_Safety_English.pdf

Avoiding Slips, Trips and Falls

Injuries from slips, trips and falls may be due to poor traction (low friction), bad lighting, inadequate handrails, oily and slippery floors, and/or poor housekeeping.

- Wipe up spills as they happen and place a "wet floor" sign up immediately
- Use ladders for climbing, not chairs or boxes
- Wear non-skid, enclosed shoes
- Keep walkways clear and free from obstructions
- Repair leaking equipment

https://www.osha.gov/dte/grant_materials/fy11/sh-22303-11/Restaurant_Safety_English.pdf

Avoiding Muscle Strain

- Ask for help when lifting a heavy object
- Use a cart or dolly to transport heavy objects
- Learn to lift the correct way - It is a good idea to have a separate training that includes physical demonstrations with someone trained in ergonomics to teach safe lifting
- Store frequently used and heavy items at no lower than hip level and no higher than chest level, to avoid lifting and bending

https://www.osha.gov/dte/grant_materials/fy11/sh-22303-11/Restaurant_Safety_English.pdf

References

- https://www.osha.gov/dte/grant_materials/fy11/sh-22303-11/Restaurant_Safety_English.pdf
- <http://www.riskcontrol360.com/wp-content/uploads/Top-Ten-Safety-Tips-for-the-Restaurant-Employee1.pdf>

Kitchen Safety Post-Test Answers

1. It is the manager's job to keep the workplace safe.
 - a. True
 - b. False**

2. When not in use, knives should be stored in a knife caddy, not a drawer or bin.
 - a. True**
 - b. False

3. Select all examples of suggestions to avoid burns:
 - a. Turn pot handles to the back of the range**
 - b. Use towels to remove hot pans from ovens and stoves
 - c. Lift lids away from you when opening lids**
 - d. Allow equipment to cool before cleaning**

4. Key strategies to reduce slips, trips and falls:
 - a. If the floor is wet, place a cart blocking the walkway
 - b. Immediately clean up spills**
 - c. Wear non-skid shoes**
 - d. Repair equipment that leaks or causes puddling on the floor.**

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