

Kitchen Safety

PREVENT BURNS

Clean grill and stove surfaces

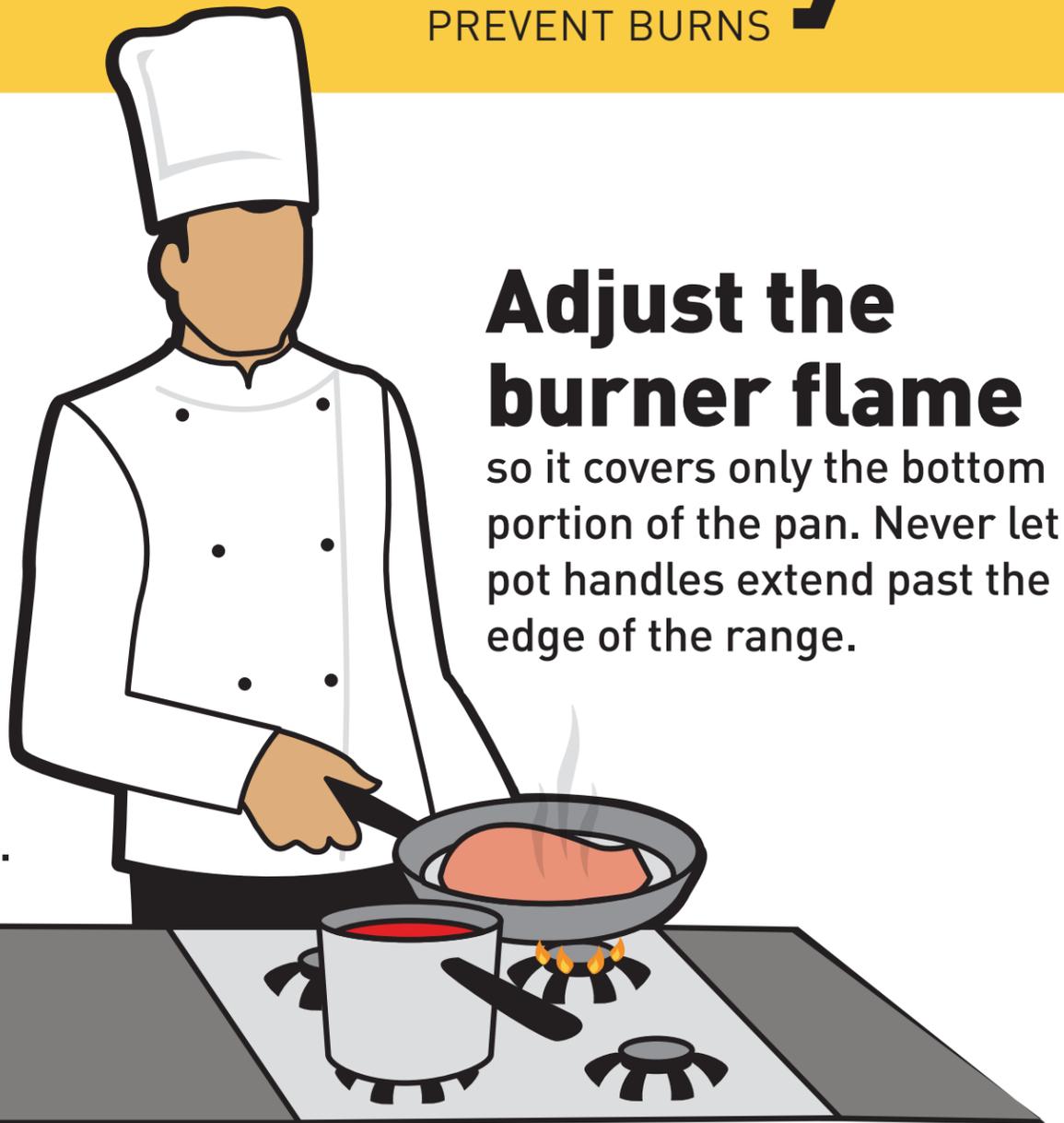
regularly to prevent grease flare-ups.

Don't stand too close, or lean over, hot oil.

Wait for oil to cool

before straining or carrying it.

Never leave hot oil or grease unattended.

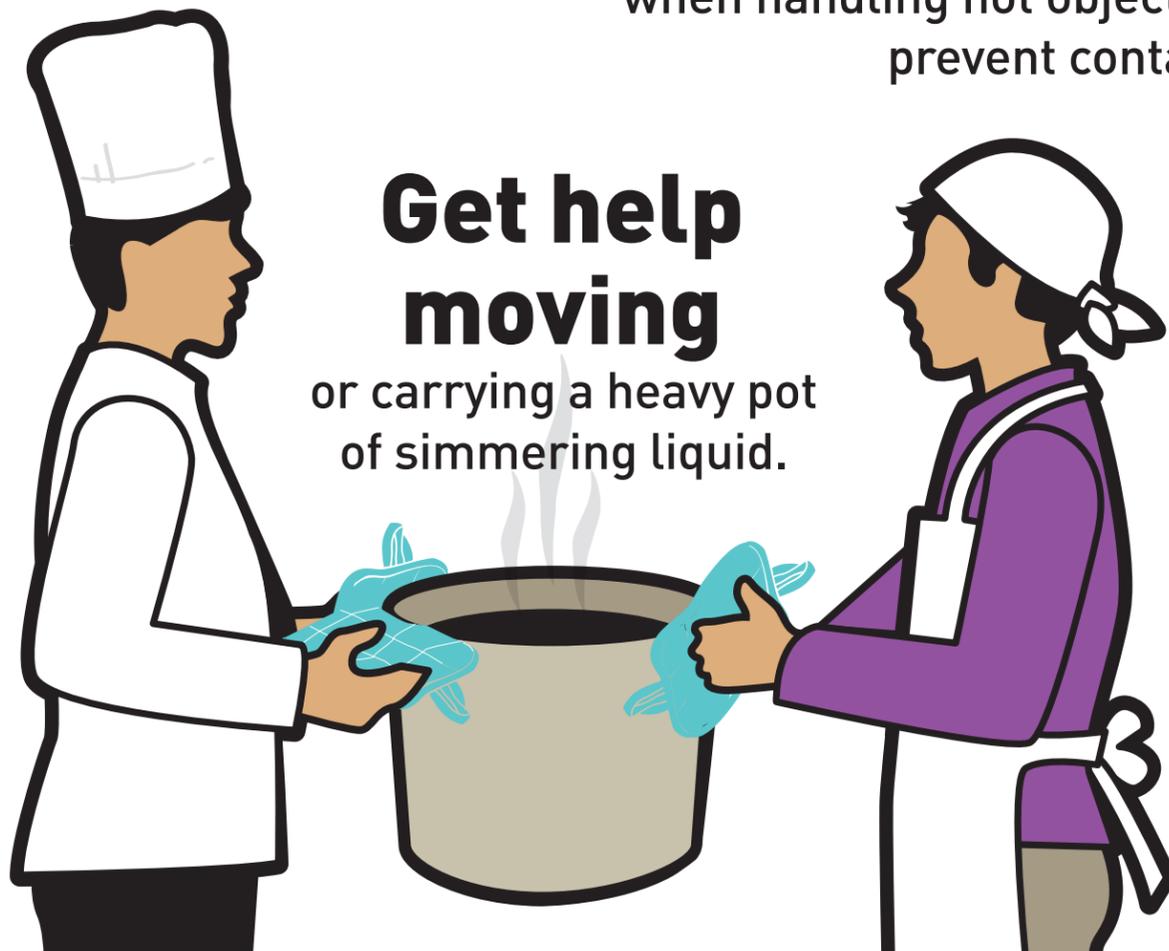


Adjust the burner flame

so it covers only the bottom portion of the pan. Never let pot handles extend past the edge of the range.

Use oven mitts, potholders, or gloves

when handling hot objects. Use proper cooking tools to prevent contact with hot surface and foods.



Get help moving

or carrying a heavy pot of simmering liquid.

Keep hair, clothing, and flammable materials away from

open flames.



How do I feel? Being distracted, stressed, or overly tired can be unsafe, too.

Whether you're a seasoned chef, or working your first job in a commercial kitchen, follow these basic guidelines to avoid common injuries, such as burns.

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