

Hazard	Safety tips
<h2 data-bbox="354 401 516 447">Knives</h2> <p data-bbox="285 485 581 642">Lacerations are the most common type of injury in restaurants and on average cost over \$1,000 each.</p>	<ul data-bbox="670 348 1455 747" style="list-style-type: none"> • Use the right knife for the right job. • Discard and replace chipped, cracked, or broken knives. • Sharpen knives regularly. • Avoid distraction or multitasking when using knives. • Use sheathes or protective cases when possible. • Store knives in the appropriate place. Do not leave knives soaking in water. • Consider using cut-resistant gloves. • Provide box cutters for opening boxes.
<h2 data-bbox="266 858 602 905">Housekeeping</h2> <p data-bbox="293 942 578 1131">Slips, trips, and falls are the second-most frequent injury in the restaurant industry and are often the most expensive.</p>	<ul data-bbox="670 785 1468 1163" style="list-style-type: none"> • Require nonslip, sturdy shoes. • Require proper personal protective equipment when doing certain tasks, such as cleaning with bleach or corrosive chemicals. • “Wet floor” signs should be located in several, easy-to-get to places in your establishment. • Teach employees about the cleaners used in your establishment. • Address places where visibility is limited through the use of mirrors or verbal cues
<h2 data-bbox="358 1247 509 1293">Lifting</h2> <p data-bbox="269 1331 591 1520">Injury data shows that workers under 30 years of age have the same number of strains and sprains as their older co-workers.</p>	<ul data-bbox="670 1205 1435 1520" style="list-style-type: none"> • Train employees to lift safely: flex knees, keep elbows close to your body, and maintain a natural curve in your back. • Provide tools such as carts to reduce the need to lift. • Train employees to lift and carry reasonable amounts. • Use smaller trays and bussing equipment to avoid carrying too much. • Try to push items instead of pulling them.
<h2 data-bbox="339 1583 529 1629">Storage</h2> <p data-bbox="266 1667 591 1856">Improperly stored items can lead to many types of injuries, including concussions, bruises, fractures, and sprains and strains.</p>	<ul data-bbox="670 1562 1468 1877" style="list-style-type: none"> • Store the heaviest items in the middle shelves in order to avoid bending and reaching. • Store infrequently used or lighter items on the top and bottom shelves. • Provide step stools. • Require two-person lifts for heavy or awkward items. • Store items where they can be accessed without twisting or reaching.

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<p>Driving</p> <p>Motor vehicle accidents are the #1 cause of workplace fatalities in Oregon.</p>	<ul style="list-style-type: none"> • Have a system so you know where your employees are going and when you should expect their return. • All staff should be trained on driver safety. • Employees need to be aware of their surroundings. Employees should always lock vehicles and take all valuables with them. • Consider signing up for automatic reporting from the DMV in order to keep track of driving violations.
<p>Grease and fire prevention</p> <p>The City of Portland spends more than \$12 million a year due to improperly disposed-of fats, oils, and grease. This leads to increased costs for businesses and residents.</p>	<ul style="list-style-type: none"> • Train employees about sprinklers and fire suppression systems. • All employees should know where fire extinguishers are located and how to use them. • Fire extinguishers must be checked monthly and serviced yearly. • Make sure grease traps are cleaned regularly. • Train employees on grease disposal procedures. • Design a schedule for cleaning all kitchen equipment. Have employees initial and date when they complete cleaning tasks.
<p>Workplace violence</p> <p>About 700 workers each year are victims of homicide in the United States.</p>	<ul style="list-style-type: none"> • Prevent theft by using a safe for excess cash, and post signs that employees have access to minimal amounts of cash. • Train employees on what to do during a robbery or crime. • Have at least two people per shift. • Ensure that there is adequate lighting. • Develop a buddy system for employees leaving the building at night. • Consider installing surveillance cameras, mirrors, and alarm/panic systems.
<p>Required safety programs</p>	<ul style="list-style-type: none"> • All food establishments that have at least one employee are required to have monthly safety meetings or safety committee meetings. • Access Oregon OSHA's "Put it in Writing" document to learn about requirements for written programs. You can also access sample programs at saif.com > Safety and health > Topics > Hospitality.