

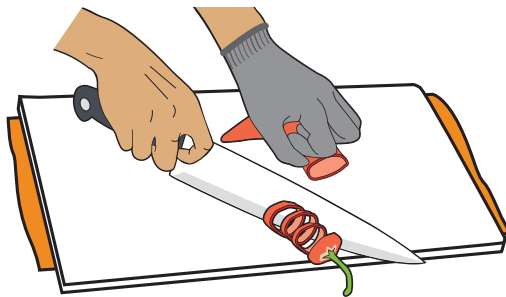
Restaurant and kitchen safety tips

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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 muscle strains, cuts, and burns.

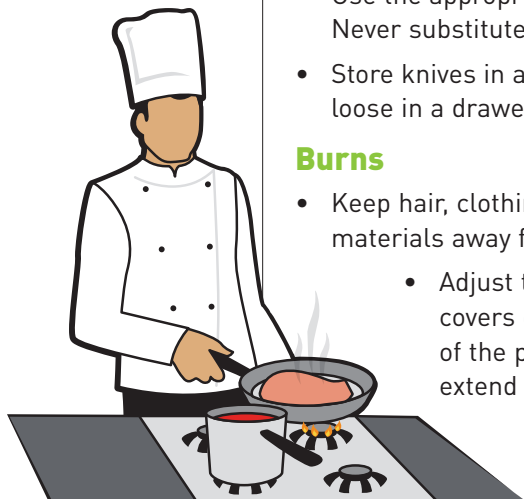


Cuts

- Keep knives sharp. A sharp knife is safer than a dull one.
- When cutting, tuck fingers on the hand holding food; wear a protective glove.
- Use a cutting board. Place a damp cloth underneath the board to prevent it from slipping.
- Use the appropriate knife for the job. Never substitute a knife for other tools.
- Store knives in a knife block or rack, never loose in a drawer or left in soapy water.

Burns

- Keep hair, clothing, and flammable materials away from open flames.
 - 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 potholders, gloves, or oven mitts when handling hot objects. Use proper cooking tools to prevent contact with hot surfaces and foods.
- 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.
- Clean grill and stove surfaces regularly to prevent grease flare-ups.

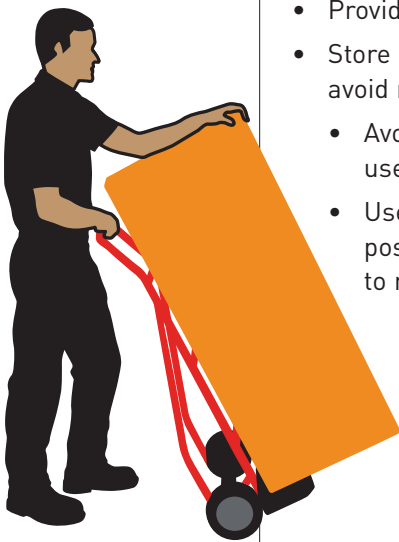


- Get help moving or carrying a heavy pot of simmering liquid.

Slips, trips, and falls



- Wear slip-resistant shoes.
- Clean up spills immediately. Use warning signs for wet floors.
- Keep walkways in good repair and free of tripping hazards. Replace mats when worn.
- Avoid carrying a load that blocks your view.
- Provide ladders and stepstools. Train employees on their safe use and inspection.
- Provide adequate lighting in work areas.



Strains and sprains

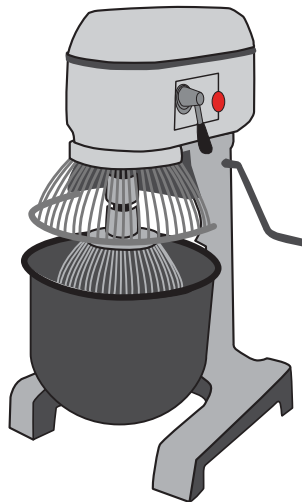
- Provide training on safe lifting techniques.
- Store heavier items on middle shelves to avoid reaching or bending.
 - Avoid reaching above shoulder height; use a ladder or step stool.
- Use hand trucks and carts whenever possible. Push carts, instead of pulling, to reduce stress.
 - Use mechanical equipment when possible to perform repetitive tasks. Rotate tasks to avoid repetitive motion injuries.
- Provide anti-fatigue mats when prolonged standing is required.

Equipment/electrical

- Never operate kitchen equipment unless you are properly trained. You must be at least 18 to operate or clean equipment such as food slicers and meat grinders.
- Make sure machine guards are in place and functioning correctly.
- Keep hair, clothing, and jewelry away from moving parts.
- Turn off, and unplug machinery before cleaning or servicing. Use lockout/tagout procedures when equipment is wired directly to the breaker.
- Remember to zero out slicers when not in use.
- Maintain electrical cords and plugs; keep outlets free of grease and debris. Verify that electrical equipment near wet areas is on a GFCI system. Maintain 36" clearance around electrical panels.

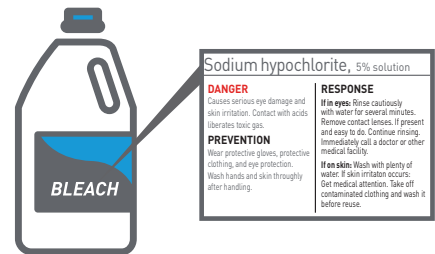


**How do I feel?
Being distracted,
stressed, or
overly tired can
be unsafe, too.**



Chemicals

- Keep a list of all chemicals used at your location.
- Make safety data sheets available to all employees. Train employees on how to read chemical labels, identify pictograms, and use chemicals safely. Retrain when new chemicals are introduced.
- Follow guidelines for proper chemical storage, handling, and first-aid.
- Label secondary containers with product name and hazard information.



- Use required eye and hand protection. Wash hands after chemical use. Ensure emergency eyewash stations are readily available.

