

# Kitchen Safety Showdown

## training guide

How to get the most out of the video training.

The Kitchen Safety Showdown is an online video series designed to train restaurant and kitchen workers in the most common safety and health hazards. This is a companion guide to help businesses plan before they assign the training.

“Chefs compete to see who’s got the chops when it comes to restaurant safety. Learn how to avoid common kitchen injuries, including burns and cuts, muscle strains and falls, and hazardous chemicals and equipment.”

**Why:** We want you and your employees to benefit from the [Kitchen Safety Showdown](#) video as much as possible. We’ve outlined what you should have in place to get the most out of training.

**When:** Follow this guidance document a week **before** you train your employees on kitchen safety, using our Kitchen Safety Showdown video.

**What:** With your management team, watch the video and review the checklist. Tour your kitchen/facility and determine if you have all the necessary equipment, PPE, and policies that will be covered in the video. Keep your eyes open for unique conditions you may also want to cover in training.

- Do you have the proper equipment available to your employees?
  - step stools/ladder
  - correct tongs, stirring tools, cooking tools at stovetops, and fryers
  - anti-fatigue mats (especially for front of house staff)
  - floor mats with drainage holes (especially for kitchen staff)
  - wet floor signs
  - Posters: [Prevent equipment/electrical injuries](#), [Prevent strains and sprains](#)
- Have you provided your staff with the necessary protection for the work they perform?
  - cut resistant gloves
  - vinyl/nitrile gloves
  - oven mitts
  - fryer gloves
  - Posters: [Prevent burns](#), [Prevent cuts](#)
- Do you have workplace policies for proper workplace attire?
  - loose-fitting clothing/uniform
  - exposed or long hair
  - exposed jewelry
  - slip-resistant shoes
  - Poster: [Prevent slips, trips, and falls](#)
- Do you have these measures in place to prevent chemical exposures?
  - inventory your on-site chemicals
  - train employees on chemical hazards and PPE for use
  - provide labeled containers if chemicals are transferred out of stock packaging
  - goggles or safety glasses
  - vinyl or nitrile gloves
  - Poster: [Prevent chemical exposures](#)