



KITCHEN SAFETY

THE FOODSERVICE EMPLOYEE'S ROLE



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 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.



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 knives between uses
- Throw away broken and chipped dishware



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



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



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

REFERENCES

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

Kitchen Safety: The Do's & Don'ts You Need To Know | SafetyCulture

HOSPITALITY | Health & Safety in the Kitchen (worknest.com)



KITCHEN SAFETY POST-TEST

1. It is the manager's job to keep the workplace safe.

True

False

2. When not in use, knives should be stored in a knife caddy, not a drawer or bin.

True

False

3. Select all examples of suggestions to avoid burns:

Turn pot handles to the back of the range

Use towels to remove hot pans from ovens and stoves

Lift lids away from you when opening lids

Allow equipment to cool before cleaning

4. Key strategies to reduce slips, trips and falls:

If the floor is wet, place a cart blocking the walkway

Immediately clean up spills

Wear non-skid shoes

Repair equipment that leaks or causes puddling on the floor