Restaurant Safety

PREVENTING BURNS

✔ Do

✔ Wear long sleeves and long pants when cooking.
✔ Use dry potholders, gloves and mitts.
✔ Adjust burner flames to cover only the bottom of the pan.
✔ Check hot food on stoves carefully.
✔ Avoid steam - it can burn. Open lids away from you.
✔ Use caution when removing items from the microwave.
✔ Wear sturdy footwear that protects your feet.
✔ Keep pot handles away from burners.

✘ Don’t

✘ Leave hot oil unattended.
✘ Lean over pots of boiling liquids.
✘ Spill water into hot oil.
✘ Allow pot handles or cooking utensils to stick out from counters or stove fronts.
✘ Use metal containers, foil or utensils in microwave ovens.
✘ Allow oil to build up on cooking surfaces, pots and pans.
✘ Allow pan handles to be over another burner.
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CLEAN-UP SAFETY

Do

- Be aware of hot equipment and steam.
- Wipe spills immediately.
- Wear appropriate waterproof non-slip footwear.
- Use signs to warn of slip hazards.
- Know the hazards and proper use of the cleaning chemicals.
- Use personal protective equipment when working with corrosive and irritating substances.
- Have all Material Safety Data Sheets (MSDS) readily available.
- Have emergency eyewash readily available.

Don’t

- Overfill carts or containers.
- Mix incompatible chemicals (such as bleach and ammonia).
- Handle broken glass/dishware without protective gloves.
- Remove garbage disposal guards.
- Clean machinery (such as dough mixers) when plugged in or operating.
- Use unlabeled cleaning bottles.
- Allow liquids to come in contact with electrical outlets and appliances.
- Pickup of move large mats without help.

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ELECTRICAL SAFETY

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✓ Do

✓ Know procedures for electrical emergencies.
✓ Know how to shut off power in case of an emergency.
✓ Use ground fault circuit (GFCIs) receptacles.
✓ Keep the power cord away from the liquids and equipment when in use.

✗ Don’t

✗ Use faulty or damaged equipment, receptacles or connectors.
✗ Plug in electrical equipment with wet hands or while touching a wet or damp surface.
✗ Pull on cords to unplug them.
✗ Use extension cords except for temporary use.
✗ Use metal ladders when doing electrical work.
✗ Put fingers on the prongs when inserting into outlets.
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COLD STORAGE / FREEZER SAFETY

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Do

 ✓ Know the cold stress warning signs such as tingling in the hands, pale cold skin, shivering, drowsiness, slurred speech, and confused behavior.
 ✓ Wear multiple layer warm clothing and PPE such as a hat, gloves and rubber nonslip shoes.
 ✓ Check units regularly throughout the day and before closing to assure no one is trapped inside.
 ✓ Allow for a period of adjustment of your body to the cold before a full work schedule.
 ✓ Consume warm high calorie foods and beverages to maintain the body’s internal temperature.
 ✓ Provide a means of exit on the inside of walk in freezers.

Don’t

 ✗ Overwork yourself since muscles require energy to stay warm and overworking increases the risks of hypothermia or frostbite.
 ✗ Work alone.
 ✗ Work continuously for long periods. Take frequent breaks in warm and dry environments. Set your own pace.
 ✗ Schedule deliveries during cold hours of the day.
 ✗ Overlook the importance of protecting your feet, hands, head, toes, ears, and nose.
 ✗ Enter walk-in freezers without first checking for lighting, functioning heated door seals (or axe).
 ✗ Allow ice to build up on floors and surfaces.

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FRYER SAFETY

Do

✓ Gently raise or lower fryer basket while cooking to avoid splashing.
✓ Keep liquid, beverages and ice away from hot oil.
✓ Wear safety equipment provided while working with hot oil.
✓ Let oil cool down when reaching above the fryer.
✓ Handle only one fryer basket at a time.
✓ Dry fryer and fryer baskets after washing with water to avoid splatter.

Don’t

✗ Overfill fryer baskets.
✗ Stand too close or lean over hot oil.
✗ Carry hot oil. Wait until it is cool!
✗ Strain hot oil. Wait until it is cool!
✗ Store hot oil on floors by grill area.
✗ Spill water or ice in hot oil.
✗ Allow excess ice crystals from frozen foods to get into cooking oil.
✗ Store items over the deep fryer where they can fall into hot oil.

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SAFE KNIFE HANDLING

- Keep knives sharpened and let other staff know when knives are newly sharpened.
- Use a knife only for its intended purpose.
- Use the appropriate knife for the job. Always use a cutting board.
- Carry knives with the point down and the cutting edge away from your body.
- Store knives properly in racks or knife sheaths close to areas where they are used.
- Clean knives immediately after use.
- At all times, be in control of your knife blade, your body, and the food you are cutting.

- Touch knife blades.
- Try and catch a falling knife. Let it fall.
- Hand a knife to someone. Put it down on the counter and let them pick it up.
- Leave a knife soaking in a sink of water.
- Be distracted while using a knife.
- Use your knife for purposes other than its intended purpose.
- Use knives with damaged handles or blades.
- Cut in a motion that points towards to your body.
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SAFER LIFTING AND CARRYING

Do

- Use mechanical devices and carts to lift and move heavy loads or get help. Limit lifting by hand.
- Keep your head up, your back straight and lift with your legs not your back.
- Bring the load as close to you as possible before lifting.
- Keep the load directly in front of your body. Move feet to turn so you don’t twist your back.
- Perform lifts at waist height with your elbows in and close to your body.
- Limit lifting materials above shoulder level.
- Stay fit to help avoid injury.

Don’t

- Lift/carry heavy, bulky or uneven loads without help. Get help or use a cart.
- Rely on back belts.
- Reach out to lift a load.
- Reach to the side or lift while twisting.
- Stock heavy items on upper shelves.
- Obstruct your view by carrying large/bulky items.
- Carry stacks of plates or boxes above the shoulder level. Doing this puts undue strain on your neck, shoulders and lower back.
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PREVENT SLIPS, TRIPS, AND FALLS

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Do

✓ Wear closed-toe shoes with slip-resistant soles and low heels.
✓ Have a regular cleaning schedule and clean up spills and splashes immediately.
✓ Place caution signs when mopping or when floors are wet.
✓ Use non-slip floor matting. Keep mats clean and secured in place.
✓ Eliminate cluttered or obstructed work areas.
✓ Report to your supervisor any blind corners, problem floor surfaces, or hazardous areas.
✓ Use clean mops so they are not spreading grease.
✓ Keep work areas well lit.

Don’t

✗ Move too quickly or run.
✗ Carry items too tall for you to see over.
✗ Store items on the floor that might be tripped on, especially hot items such as oil.
✗ Wear clothing that are overs-sized, baggy, or extended below shoe level causing a potential trip hazard.
✗ Wear leather soles, open toe, platform, high heels, or canvas shoes.
✗ Do not overfill bus tubs, since items may fall out and cause a trip hazard.

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CHEMICAL HAZARD COMMUNICATION

Do

✓ Be informed and make sure you understand the hazards of the chemicals you work with.
✓ Know where MSDSs are located.
✓ Follow instructions in MSDS whenever you use chemicals.
✓ Label secondary containers, such as spray bottles, with product name and hazard warnings.
✓ Wear appropriate personal protective equipment such as gloves, face shields, splash goggles, and respirators etc.

Don’t

✗ Use hazardous chemicals if a less hazardous one is available.
✗ Use chemicals until trained on the chemical hazards and how to protect yourself.
✗ Use chemicals in unlabeled containers.
✗ Mix incompatible chemicals.
✗ Use empty water bottles or food containers for chemicals.

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MACHINE GUARDING

Use caution while working with all moving equipment, especially with the power driven ones.
Guard hazardous parts of equipment, such as dough rollers, slicer blades, and mixer hooks/paddles.
Keep hair, clothing, jewelry, fingers, hands, and gloves away from dangerous moving/cutting parts.
Use extension tools as required.
Contact supervisor if a guard is damaged or missing.
Follow manufacturer’s instructions on the operation, cleaning and maintenance of the equipment.

Remove parts of equipment that expose cutting or moving parts.
Use unguarded equipment.
Bypass manufacturer’s safeguards.
Unjam equipment without following lockout procedures for that particular equipment.
Use equipment unless trained.

Do

Don’t
**Restaurant Safety**

**LADDER SAFETY**

- Routinely check the condition of ladders for damage, defects and slippery conditions.
- Check your shoes for oil, grease, etc. before climbing the ladder and steps.
- Only use proper ladders for the job to be performed.
- Only use ladders that can be properly used within the space provided.
- Always position the ladder in such a way that you do not have to over-reach.
- Always maintain 3 points of contact.
- Climb or come down facing the steps.
- Protect against surrounding hazards such as hot liquids when you are on the ladder.

**Do**

- Access elevated locations without a proper ladder.
- Use ladders that appear to have damaged or defective components.
- Use metal ladders when doing electrical work such as changing lights.
- Use unless trained.
- Use chairs, buckets anything else instead of a ladder.
- Step on the top two steps.
- Try to handle overloads. Know your strength. Get help as needed.

**Don’t**

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[Image of ladder]

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