

Restaurant Safety

PREVENTING BURNS

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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.

Restaurant Safety

CLEAN-UP SAFETY

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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 or move large mats without help.

Restaurant Safety

ELECTRICAL SAFETY

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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.

Restaurant Safety

COLD STORAGE / FREEZER SAFETY

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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.

Restaurant Safety

FRYER SAFETY

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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.

Restaurant Safety

SAFE KNIFE HANDLING

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ Do

- ✓ 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.

✗ Don't

- ✗ 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.

Restaurant Safety

SAFER LIFTING AND CARRYING

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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.

Restaurant Safety

PREVENT SLIPS, TRIPS, AND FALLS

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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 oversized, 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.

Restaurant Safety

CHEMICAL HAZARD COMMUNICATION

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ 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.

Restaurant Safety

MACHINE GUARDING

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ Do

- ✓ 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.

✗ Don't

- ✗ 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.

Restaurant Safety

LADDER SAFETY

Research & Education Unit



1-800-963-9424

<http://www.dir.ca.gov/dosh/dosh1.html>

✓ Do

- ✓ 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.

✗ Don't

- ✗ 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.