

## RISK CONTROL

Reduce Risk. Prevent Loss. Save Lives.



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## Working safely in kitchens

### KITCHEN SAFETY

Follow these precautions to help prevent accidents and injuries in the kitchen:

#### Food preparation

- Use a stool or footrest to avoid prolonged standing.
- Rearrange tasks to avoid overreaching.
- Use mechanical aids for chopping, dicing or mixing foods.
- Be sure to wear a uniform, cap or hairnet, and gloves.

#### Lifting

- Lift with your legs, not your back.
- Lighten a heavy load or lift with a buddy.
- Balance the load before lifting.
- Use tilt containers or get help when lifting or pouring fluid.

#### Slips, trips and falls

- Mop up spills and other wet surfaces immediately.
- Keep floors, aisles and walkways free of clutter.
- Use ladders correctly and do not overextend when reaching.
- Wear appropriate footwear that provides extra slip resistance.

#### Cuts, burns and lacerations

- Wear hand protection when cutting, slicing or chopping food.
- Know how to safely use powered and non-powered equipment.
- Do not wear loose clothing or jewelry around powered equipment.
- Follow safe work practices around hot cooking equipment, grease and water.

#### Fire safety

- Keep work area clean.
- Enforce a no smoking policy.
- In case of fire, know the emergency evacuation plan.
- Sound the alarm and call 911.

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