



# SafetyAlert

We're Serious About Safety

## Food Service Safety

Restaurants employ more than 14 million workers in the United States. The four primary injuries in the restaurant industry are slips and falls, lacerations, strains & sprains from material handling, and burns. Protect yourself and employees by following the safety tips and regulations below.

### Slips and Falls

- Keep floors clean and dry. In addition to being a slip hazard, continually wet surfaces promote the growth of mold, fungi, and bacteria, which can cause infections.
- Clean up spills immediately. This includes water, grease, food and oil.
- Provide warning signs on wet floors.
- Wear proper footwear to include slip resistant soles.
- Use matting in kitchen areas to avoid slip and falls.
- Ensure drainage is sufficient and working properly in dish washing areas.

### Lacerations

- Keep knives sharpened. Many incidents occur because of dull blade causes an employee to press down too hard and lose control of the knife.
- Follow proper knife cutting procedures and use the appropriate knife for the job.
- Do not store knives in drawers, in sinks or on counters when not in use.
- Use only approved knife storage devices. Magnetic wall strips and enclosed knife storage devices are approved for these purposes.
- To obtain copies of our Knife and Slicer Safety booklets, visit: <https://www.beaconmutual.com/employers/safety-library/>

### Life Safety

An emergency evacuation plan should be developed and all employees trained. The "Manager on Duty" (MOD) should know who is working and have a list of employees working in the facility each day. In the event of a fire or other emergency, a meeting place or places should be assigned away from the front of the building and away from fire equipment. The MOD should ensure that all employees have been accounted for and are safely outside the building. All employees should be trained for evacuation.



### Sprains & Strains

- Encourage employees to ask for help with heavy lifts or heavy objects.
- Order materials in smaller more manageable sizes.
- Provide and use hand trucks or carts to move materials.
- Store lighter items on higher shelf levels and heavier materials at waist level shelves so that employees do not have to reach or bend over.

### Fire Safety

- Keep flammable objects away from flames. Do not store dish towels near your cooking equipment. Employees should not be wearing baggy clothing that could catch fire.
- Know how to put out a grease fire. Do not use water to put out a grease fire. Instead, cover the flames with a metal lid and turn off the heat source. Commercial kitchens are often the site of high-volume cooking activities that produce large amounts of grease and oil. A "class K" fire extinguisher is necessary to effectively suppress these fires.
- Know how to use all types of fire extinguishers and provide fire extinguisher training.
- Know the location of all power sources which may need to be turned off in case of emergency.

### Burns

- Be aware of hot surfaces.
- Use pot holders and oven mitts to provide protection to anyone working around hot equipment or food.
- Let oil cool overnight or test with a long stem thermometer to ensure a safe transporting temperature is present. OSHA recommends transporting temperatures should not exceed 110 degrees.



Beacon Mutual offers a variety of training opportunities for employees, supervisors and managers. Please check our seminar schedule for more information. [www.beaconmutual.com](http://www.beaconmutual.com)

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