RESTAURANT SAFETY

INTRODUCTION

When taking a look at restaurant safety, food safety is often the center of attention but worker safety is equally important. There are many possible hazards in a restaurant environment, and employees should know these hazards as well as the steps that must be taken to protect themselves.

HAZARDS

- Slipping and falling
- Sprains or strains
- Burns
- Cuts

SLIPPING AND FALLING

There are many steps that can be taken to prevent injuries related to slipping and falling. Employees must:

- Be careful when rounding corners - consider implementing a policy that requires employees to announce their presence before coming around a corner.
- Clean up all spills immediately and place a caution sign near the wet floor.
- Always wear slip resistant footwear.
- Make sure there are no obstacles kept in walkways.
- Pay attention when walking, particularly when walking over rugs.

SPRAINS OR STRAINS

Sprains or strains can happen when lifting heavy boxes or pans. It is very important to know the proper lifting techniques to prevent musculoskeletal injuries.

- Avoid lifting or bending whenever you can.
- Get help if you have to strain to carry an object.
- Bend your knees and keep your back straight when lifting.
- Keep the object as close to your body as possible.
- Do not walk on slippery or uneven surfaces while carrying something.

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BURNS

Restaurants, by nature, have many burn risks and employees should observe the following precautions to prevent burns:

- Wear heat protective gloves when handling anything hot.
- Check to see if ovens, burners, or toasters are turned off before touching them.
- Never reach over hot surfaces or burners.
- Know where the nearest first aid kit is.

CUTS

To prevent cuts in the kitchen, employees should:

- Make sure knives are kept sharp.
- Cut on a cutting board instead of the palm of your hand.
- Do not try to catch a knife or other sharp object if it falls.
- Never use knives for anything besides cutting food.
- Do not soak knives or other sharp objects in the sink before washing.

CONCLUSION

Employees who work in a restaurant environment can protect themselves from slipping and falling, musculoskeletal strains, burns, and cuts by following all of the appropriate safety steps.