

Kitchen safety

Introduction:

It's important to be aware of the hazards in and around the kitchen. Recognizing the hazards and thinking about safe procedures around these kitchen items and scenarios will help prevent injuries.

Lifting heavy items

- When placing items on racking, always place the heaviest items on the middle shelves at waist level. This will prevent over reaching or bending to lift those heavy objects.
- When lifting kegs, remember to lift with your legs. If you need help ask a co-worker.
- When lifting pop boxes, lift only one at a time.
- Follow safe lifting techniques: (1) Keep head up. (2) Keep the natural curve in your back. (3) Lift with your legs. (4) Keep the load close.

Knives

Knives are a very important part of our job. It's important to keep them clean and in a safe place when not using them. They can also be a very dangerous part of our job. When using knives:

- Always cut away from the body.
- Keep the knife grips clean.
- Do not leave knives in water. Always have your hand on the grip when washing the knife.
- If a knife is dropped, do not try to catch it.

Servers carrying food

Carrying food is a challenging task especially when it's busy. When carrying food:

- Communicate with others around. Let them know where you are and where you are going.
- Check your walking path before picking up the tray. This will give you an idea of what is on the floor and what to avoid or pick up before grabbing the tray.
- Watch for others! Always keep your head up and eyes open.

Entering or exiting the kitchen

Communication in the kitchen is important. When coming in and out of the kitchen use specific words or phrases, such as: "entering," or "coming in." The same as when exiting. Use words or phrases like: "leaving," "coming out," or "out" would be appropriate.

This will let other employees know where you are, and what direction you are heading. This will help prevent collisions, food from dropping, and slips and falls.

Conclusion:

To have an accident-free kitchen we have to work together to make sure that it is free from hazard, spills are cleaned up promptly, and that everyone is communicating. If you have questions, please ask. Someone will help you!