



GOALS

This safety session should teach employees to:

- Be aware that a kitchen—in a workplace or even at home—has many possible hazards that can cause accidents and injuries.
- Understand precautions they can take to protect themselves.
- Try to eliminate hazards wherever possible.

Applicable Regulations: 29 CFR 1910.22, .37, .38, .157, .212, .333, .1200



1. The first rule for kitchen safety is basic good housekeeping.

- Keep floors clean, dry, and free of obstructions to prevent slips and falls.
- Spills are bound to occur—mop them up promptly—and put up a sign to show when the floor is wet.
- Always use a brush and dustpan (not your bare hands) to sweep up broken glass, and get the last splinters with a wet paper towel.
- Keep counters and cooking surfaces clean.
- Always remember that a kitchen is where food is prepared—and sanitary conditions are necessary to ensure there are no food health hazards.

2. Ranges, grills, fryers, ovens, and other food heating and cooking equipment are potential fire hazards.

- Prevent grease buildup, and keep flammable items away from such equipment to prevent fires.
- You may be able to extinguish a small stove fire by turning off the heat and covering the pan or by closing the oven door.
- Never try to extinguish an oil fire with water—it will only cause the burning oil to splash and spread.
- Be sure you know where fire extinguishers are kept and how to use them in case of a small fire.
- For any larger fire, you should follow the company's emergency plan—evacuate and call the fire department immediately.
- Even if they don't cause a fire, hot substances can cause serious burns, so you should be especially careful when carrying hot liquids.

3. Powered kitchen appliances, such as garbage disposals, meat slicers, and grinders, can cause serious injuries—even amputations.

- Do not hand-feed such equipment—use a pusher instead.
- Make sure guards are in place before operating the appliances.
- Never remove guards from equipment unless the power is off and cannot be turned on accidentally.
 - Only then is it safe to clear a jam or make other adjustments.

4. Use precautions to avoid electrical shock.

- Don't touch appliances, cords, or switches with wet hands or while standing on a wet floor.
- Use only waterproof cords and outlets in kitchen work areas.



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- Don't use any appliance with damaged cords or plugs—remove the item from service and report it.
- Likewise, don't use any equipment that sparks, smokes, or smells like it's burning.

5. Use knives carefully and properly.

- Always keep knives sharp—you're more likely to get cut by a dull knife.
- Always cut on a sturdy surface such as a cutting board.
- Hold the knife by the handle, with the point away from you or anyone else.
- Never put knives in a sink full of sudsy water where they can't be seen or you might be cut when you put your hands into the water.
- Store knives safely in racks with the blades covered.

6. Always check the labels on cleaning supplies before using.

- Many cleaning supplies made for commercial use are stronger than those sold for home kitchens.
- If the label indicates any precautions, read the safety data sheet (SDS) as well to get more detailed information.
- Many labels suggest that the product be used only where there is good ventilation—follow that advice, and turn on an exhaust fan.
- Other products suggest the use of gloves or personal protective equipment (PPE)—it's just common sense to follow such recommendations and avoid skin irritation.
- Obey warnings about any flammable substances—keep them away from stoves or other heat sources.
- Keep all cleaning products away from food items.

7. Don't run—wear sturdy shoes with nonskid soles in the kitchen.

- Don't try to lift or carry items that are too large for one person.
 - Ask someone to give you a hand if an object is too big or heavy to handle by yourself.
- Make sure your load doesn't block your view of where you are going.
- Bend your knees and use your legs, not your back, to lift something from the floor.
- Try to store heavy items at waist height to avoid extra lifting and bending.
- Make sure all items are stored securely on sturdy shelves.



DISCUSSION POINTS:

Are there any hazards in our kitchen that haven't been discussed? Are there any blind corners or swinging doors that could cause an accident? Are there unusual pieces of power equipment that require special training? Does everyone understand our emergency plans in case of a kitchen fire?



CONCLUSION:

Understanding the hazards is the first step in operating a safe kitchen. The next important step is to keep alert and follow safety rules at all times.



TEST YOUR KNOWLEDGE:

Have your employees take the Kitchen Safety quiz. By testing their knowledge, you can assess their understanding of this important subject and determine whether they need to receive further training or review this topic again soon.



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- Spills are bound to occur—mop them up promptly.
- Use a brush and dustpan to sweep up broken glass.
- Keep counters and cooking surfaces clean.
- Sanitary conditions are necessary to avoid food health hazards.

Ranges, grills, fryers, ovens, and other food heating and cooking equipment are potential fire hazards.

- Prevent grease buildup, and keep flammable items away to prevent fires.
- Be sure you know where fire extinguishers are kept and how to use them in case of a small fire.
- For any larger fire, you should follow the company's emergency plan—evacuate and call the fire department immediately.
- Be very careful when carrying hot liquids, which can cause burns.

Powered kitchen appliances, such as garbage disposals, meat slicers, and grinders, can cause serious injuries—even amputations.

- Do not hand-feed such equipment—use a pusher instead.
- Make sure guards are in place before operating the appliances.
- Never try to clear a jam or make other adjustments unless the power is off and prevented from being turned on accidentally.

Use precautions to avoid electrical shock.

- Don't touch appliances, cords, or switches with wet hands.
- Use only waterproof cords and outlets in kitchen work areas.
- Don't use any appliance with damaged cords or plugs.
- Don't use any equipment that sparks or smokes.

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- Store knives safely in racks with the blades covered.

Always check the labels on cleaning supplies before using.

- Many cleaning supplies made for commercial use are stronger than those sold for home kitchens.
- Obey any label warnings about flammable substances, proper ventilation, or wearing gloves.
- Keep all cleaning products away from food items.

Don't run—wear sturdy shoes with nonskid soles in the kitchen.

- Don't try to lift or carry items that are too large for one person.
- Use your legs, not your back, when lifting.