



SAFETY NEWSLETTER

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12 STEPS TO AVOID BURNS IN A RESTAURANT

1. Avoid overfilling pots and pans.
2. Use pot holders, gloves, tongs, and mitts. Never use wet material as a pot holder.
8. Ask for help when moving or carrying a heavy pot of simmering liquid off the burner.



3. Adjust burner flames to cover only the bottom of a pan. Avoid overcrowding on the range tops.
4. Set pot handles away from burners, and make sure they don't stick out over the edge of the range.
5. Check hot foods on stoves carefully. Uncover a container of steaming materials by lifting the lid open away from your face.
6. Place sealed cooking pouches in boiling water carefully to avoid splashing.
7. Never leave hot oil or grease unattended.
9. Do not use metal containers, foil, or utensils in a microwave oven.
10. Use hot pads and be careful when removing food and food containers from the microwave. Lift lids carefully to allow steam to escape.
11. Do not clean vents over grill areas if the grill is hot. Clean vents the next morning before turning on for the day.
12. Do not pour or spill water or ice into oil, especially hot oil. It will cause splattering.

FRYER SAFETY



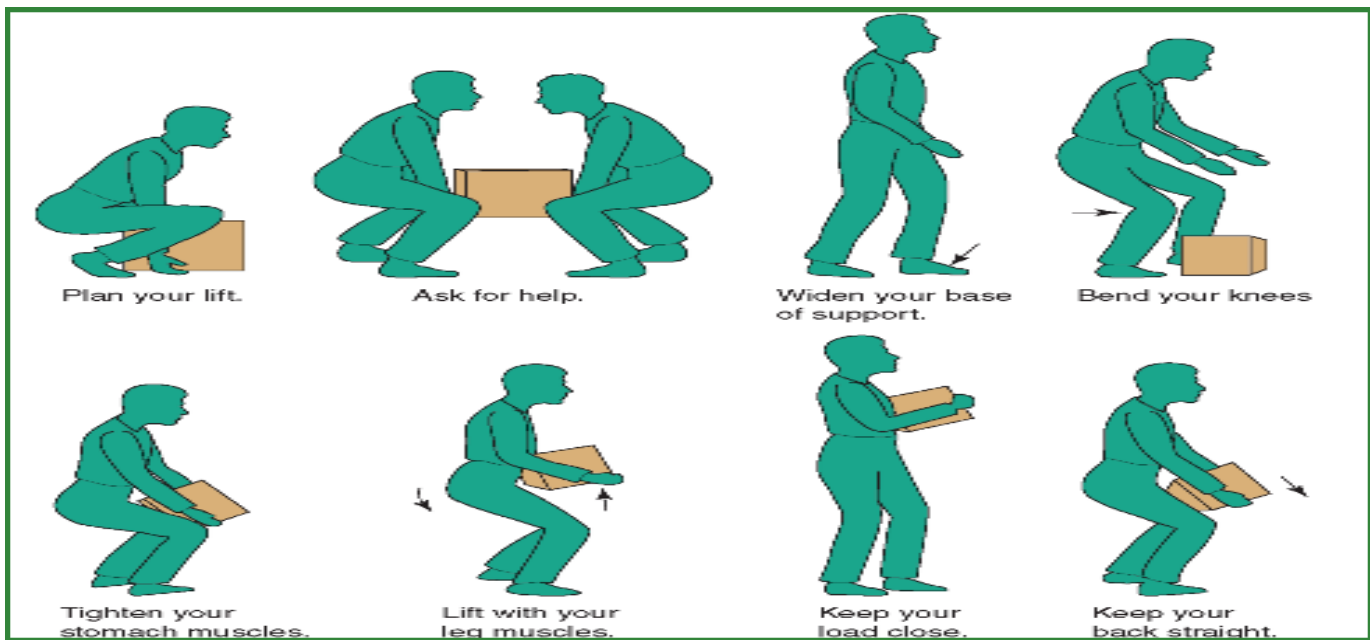
DO

- Gently raise or lower fryer basket while cooking to avoid splashing.
- Keep liquid, beverages and ice away from hot oil.
- Wear safety equipment provided while working with hot oil.
- Let oil cool down when reaching above the fryer.
- Handle only one fryer basket at a time.
- Dry fryer and fryer baskets after washing with water to avoid splatter.

DON'T

- Overfill fryer baskets.
- Stand too close or lean over hot oil.
- Carry hot oil. Wait until it is cool!
- Strain hot oil. Wait until it is cool!
- Store hot oil on floors by grill area.
- Spill water or ice in hot oil.
- Allow excess ice crystals from frozen foods to get into cooking oil.
- Store items over the deep fryer

SAFER LIFTING AND CARRYING



DO

- Use mechanical devices and carts to lift and move heavy loads or get help. Limit lifting by hand.
- Keep your head up, your back straight and lift with your legs not your back.
- Bring the load as close to you as possible before lifting.
- Keep the load directly in front of your body. Move feet to turn so you don't twist your back.
- Perform lifts at waist height with your elbows in and close to your body.
- Limit lifting materials above shoulder level.
- Stay fit to help avoid injury.

DON'T

- Lift/carry heavy, bulky or uneven loads without help. Get help or use a cart.
- Rely on back belts.
- Reach out to lift a load.
- Reach to the side or lift while twisting.
- Stock heavy items on upper shelves.
- Obstruct your view by carrying large/bulky items.
- Carry stacks of plates or boxes above the shoulder level. Doing this puts undue strain on your neck, shoulders and lower back.



Your Restaurant is our Passion

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**For more information
about your workers com-
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visit our website -
www.calsra.com**

**Thank you for your refer-
rals! If you're pleased with
us, Please spread the word.**



WORKERS COMPENSATION SAFETY NEWSLETTER

This Complimentary Newsletter is sent to you by

Your Farmers Agent

And

The Sentinel Restaurant Association

Newsletter Designed by Niha Osman

**Please give us your feedback on the newsletter via
email at niha@calsra.com**