



*Sentinel
Restaurant
Association*

SAFETY NEWSLETTER

08/01/2014

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Server Safety

Carrying Food and Dishes

- If using trays, make sure you can see where your going
- Don't lift more than you can carry
- Lift with your legs, not your back
- Carry items close to your body
- Watch for objects/spills on the floors
- Make sure someone is called to clean up a spill right away, and an employee should stand nearby to direct customers away from it.
- Announce your whereabouts when rounding corners or coming in/out of the kitchen
- Wear slip resistant shoes, and make sure to replace them as needed.
- Limit the number of plates or items you will carry, realizing that carrying more than a couple items puts excessive strain on your arms and back and may lead to injury.
- Use both hands to carry items such as coffee pots or water jugs and carry them with your elbows close into your body.
- Carry plates with your elbows close into your body to lessen the strain on your arms and back. Avoid bending at the wrist or extending upward at the fingers. Your shoulder, arms, and hands should be in a neutral po-

sition rather than bent at the wrist or extended upward at the fingers.

- Balance the tray on both your arm and hand.
- Alternate carrying tasks from hand to hand.
- Balance the load evenly, placing heavier items in the center of the tray.
- Make sure trays are serviceable and clean and dry and without defect before using.



FRYER SAFETY



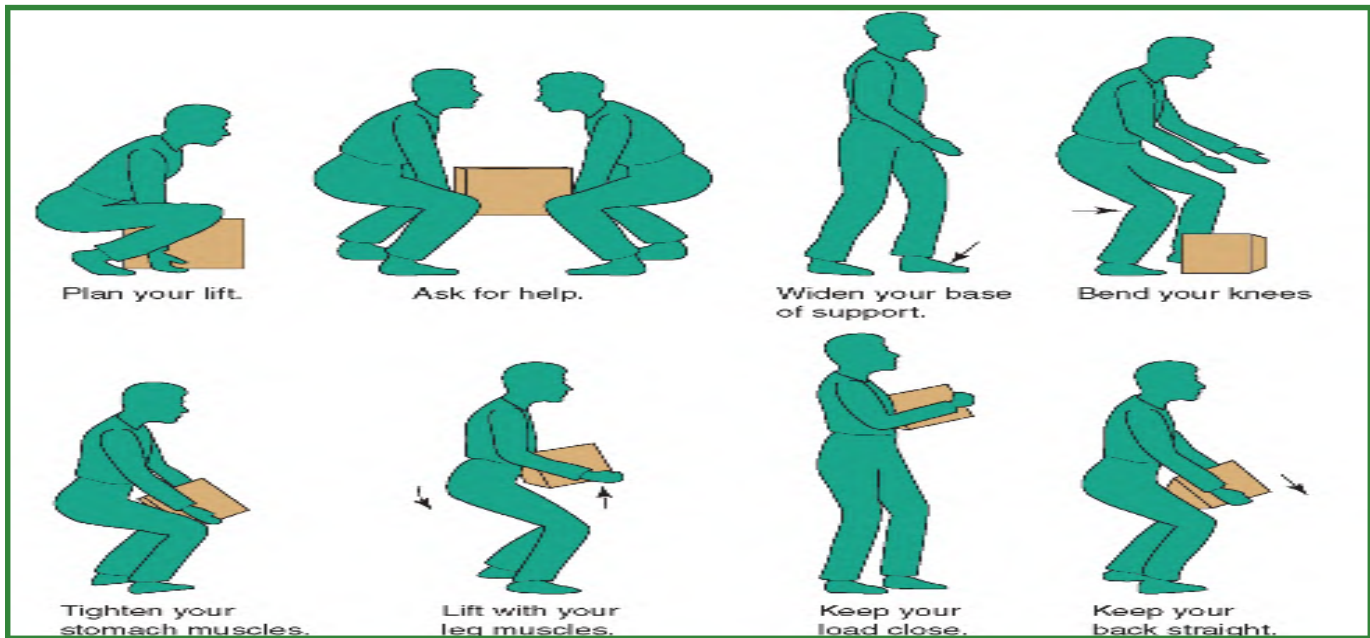
DO

- 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-
pensation safety needs,
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**