



# SAFETY NEWSLETTER

01/01/2015

**ADDRESS:**  
 20051 SW Birch St #300,  
 Newport Beach, CA - 92660  
**PHONE:** (949) 756-1654  
**FAX:** (949) 251-9620  
**WEBSITE:** www.calsra.com

**Administrative Agent:**

**Daryl Tallon**

—

**Manger:**

**Niha Osman**

—

**Contact Us**

**Email:**  
 niha@calsra.com

**Phone:**  
 (949) 756-1654

**Inside this issue:**

**Fryer Safety 1**

**What to do in case of an Accident 2**

**Server Safety 2**

**Knife Cuts 3**

## Fryer Safety - Discarding Used Cooking Oil

Management must emphasize to employees that Discarding used cooking oil is a very hazardous activity and that they must follow proper procedures exactly.

Some considerations for discarding used cooking oil are presented below.

**Consider replacing older deep fat fryer models** with newer models that have exhaust vents in closer proximity to the fryer, built-in grease filters, improved grease-disposal systems, automatic food-lowering devices, and vat covers.

**Use the appropriate quality oil** for your fryer. Some employers have found that using higher quality oils reduces the amount of splashing during deep frying.

**Provide the proper collection equipment** and ensure it will hold the entire contents. It is better

to use a shuttle device with wheels designed for this operation. If you use a pot or a pan, it should be an appropriate height so that it fits under the drain extension without having to be tipped when removed and sits flat on the floor. A pot or pan should also have four handles so that each of the two employees carrying it will have two points of contact to improve stability during transportation and pouring. An enclosure lid should be secured to the pot/pan to prevent splashes and spills during transportation.

**Provide a cart that is in good condition.** The drain pot/pan should be securely transported on a low-profile cart equipped with a raised handle so that the employee's contact with it is at waist level. Using a cart eliminates much of the manual handling of the drain pan.

**Provide and require use of appropriate personal protective equipment.** Employees should wear impervious gloves, an impervious apron and a full face shield during all phases of the transfer process.

**Let it cool.** The oil should be allowed to cool for at least 12 hours in the drain pan before it is transported.

**The transportation process should be a team effort** and requires two employees.

**Clear the way.** Inspect the entire transportation route to be sure that there are no obstacles to hinder the operation.

**Consider alternate disposal methods.** Check with your cooking oil disposal company for alternative disposal methods such as a closed, direct pump system that will eliminate the need for any manual handling of



# What to do in case of an Accident



made at the time. Many a times claims are not reported for months after the event.

- Express concern and compassion without committing to any liability/negligence or accepting responsibility.
- Assist the victim. Ask if they need anything (Water, ambulance etc).
- Follow up with a call to claimant within 24

hours if possible.

Performing the above may help minimize or prevent a claim.

- Have the injured party fill out the Incident Report.
- Preserve any surveillance video which captures the event, even if there is no claim being

- Save any evidence regarding the incident.
- Take photographs, if possible, to reflect the scene or meal at the time. Be sure to include the alleged cause of the injury.
- IMMEDIATELY notify your agent of the incident.
- If the injured party asks for insurance information-provide it or refer them to your Agent or Claims Representative.

## 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 where-

abouts 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 fin-

gers. Your shoulder, arms, and hands should be in a neutral position 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.



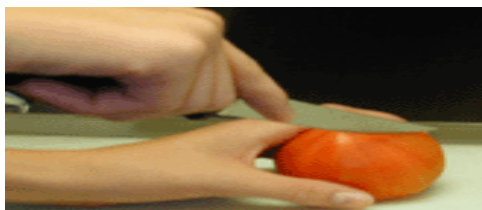
# Knife cuts

Knife cuts are one of the most common injuries in restaurants. Workers often help prepare foods for restaurants and are exposed to cuts while using sharp kitchen tools such as knives or cleavers. There are several approaches that can reduce knife cuts, including proper training and usage and/or wearing cut resistant gloves.

**Employers have the primary responsibility for protecting the safety and health of their workers. Employees are responsible for following the safe work practices of their employers.**

## Workers Solution

- **Handle**, use, and store knives and other sharp utensils safely.
- **Cut in** the direction away from the body.
- **Keep** your fingers and thumbs out of the way of the cutting line.
- Use any protective clothing provided by employer such as steel mesh or Kevlar gloves.
- Use a knife only for its intended purpose and use the appropriate knife for the cutting job.
- **Store** knives, saws, and cleavers in a designated storage area when not in use. Do not store the blades with the cutting edge exposed.
- Install knife holders on work tables to prevent worker injury.
- Equip newly purchased



**Dangerous Cutting Position**

knives with blade guards or knuckle guards that protect the hand from slipping onto the blade.

- **Let** a falling knife fall. Do not try to catch it.
- **Carry** knives with the cutting edge angled slightly away from your body, with the tip pointed down to your side.
- **Place** a knife that you are handing to someone, down on a clean surface, and let the other person pick it up.
- **Clean** the knife immediately after use or place it in a dishwasher or a container labeled "for knives only."
- **Do not** store knives and other sharp objects in sinks between periods of use.
- **Do not** touch knife blades.
- **Avoid** placing knives near the edge of a countertop.
- **Do not** talk with co-workers while using a knife. When interrupted, stop cutting and place the knife down on a secure surface. Do not try to cut while distracted.

## Employers Solution

**Follow OSHA Standards including:**

**Follow the Personal Protective Equipment (PPE) Standard [1910.132]:**

- Assess tasks to identify potential worksite hazards and provide and ensure employee use of appropriate personal protective equipment.
- Require employees to use appropriate hand protection when hands are exposed to hazards such as cuts and lacerations. For example, use steel mesh or Kevlar gloves when cutting. Hand Protection Standard [1910.138(a)].

**Consider implementing recommended safe work practices, including:**

- **Allow** only experienced, trained workers to sharpen knives. This is done correctly by keeping the thumb beneath the knuckle guard rim protection on the handle of the sharpener, rather than on top of the rim where it may get cut.
- **Keep** knives sharpened and in good condition; dull knives tend to slip and may cause injuries. Tell other staff when knives are newly sharpened.
- **Protect** workers who use shake mixer blades. Remind workers to securely hold the top of the container onto the shake cup while mixing to avoid exposure to the blade.



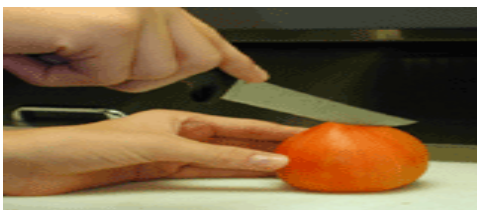
**Gloves protect against blade**



**Unsafe way to sharpen knives**



**Safer way to sharpen knives**



**Cut away from the body keeping thumb out of the cutting line**



**Your Restaurant is our Passion**

**20051 SW Birch Street, #300**

**Newport Beach, CA - 92660**

**www.calsra.com**

**Phone: 949-756-1654**

**Fax: 949-251-9620**

**E-mail: niha@calsra.com**

**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**