



*Sentinel
Restaurant
Association*

SAFETY NEWSLETTER

04/01/2016

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For Teen Workers - Rights -

Do:



- ✓ Know your rights. You have a right to a safe and healthful workplace.
- ✓ Get training about the hazards in your workplace.
- ✓ Follow your employer's safety and health rules and use all provided protective equipment.
- ✓ Ask questions until you feel you can safely do the job.
- ✓ Follow the law and work only the hours and the types of jobs permitted by the Fair Labor Standards Act.

www.dol.gov/elaws/flsa/docs/hours.asp

Don't:



- ⊘ Be afraid to speak up if you have a question or feel endangered at work or notice a safety hazard at work.
- ⊘ Operate equipment forbidden by the law such as forklifts, meat slicers, and bakery machines.
- ⊘ Come to work under the influence of alcohol or drugs.
- ⊘ Perform tasks you are not trained to do.

Easy Dos and Don'ts

For Teen Workers - Safer Lifting -

Do:

- ✓ Keep your head up and your back straight and bend at your hips.
- ✓ Bring the load as close to you as possible before lifting.
- ✓ Lift with your legs, not your back.
- ✓ Shift your feet to turn.
- ✓ Keep the load directly in front of your body.
- ✓ Try to perform lifts at waist height with your elbows in close to your body.
- ✓ Limit lifting by hand. Use mechanical lifts or get help.
- ✓ Stay fit to help avoid injury.



Don't:

- ✗ Lift heavy loads (35 lbs or more) get help.
- ✗ Reach across something to lift a load.
- ✗ Lift bulky or uneven loads.
- ✗ Reach to the side or lift while twisting.

Easy Dos and Don'ts

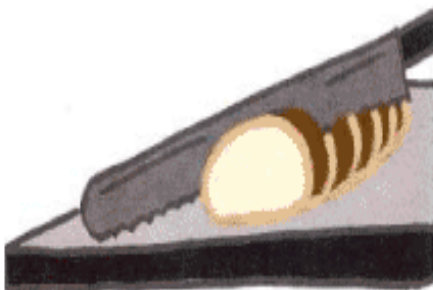
For Teen Workers - Safe Knife Handling -

Do:



- ✓ Keep knives sharpened and let other staff know when knives are newly sharpened.
- ✓ Use a knife only for its intended purpose.
- ✓ Use the appropriate knife for the job.
- ✓ Carry knives with the cutting edge slightly away from your body.
- ✓ Store knives properly in racks or knife sheaths.

Don't:



- ✗ Touch knife blades.
- ✗ Try and catch a falling knife, let it fall.
- ✗ Hand a knife to someone. Put it down on the counter and let him or her pick it up.
- ✗ Leave a knife soaking in a sink of water.
- ✗ Talk to people while using a knife.



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**