



SAFETY NEWSLETTER

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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

—

Manager:

Niha Osman

—

Contact Us

Email:

niha@calsra.com

Phone:

(949) 756-1654

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Cleaning Chemicals and Your Health



Working with cleaning chemicals can cause:

- Coughing
- Shortness of Breath
- Wheezing
- Sore Throat
- Red, Itchy Eyes
- Headaches or Dizziness
- Skin Rashes
- Nosebleeds
- Skin and Eye Burns
- Asthma

If you have health problems that you think are caused by using cleaning chemicals, tell your supervisor and ask to see a doctor.

Your employer is required to provide a safe workplace that includes:

- Sufficient ventilation (airflow) when using cleaning chemicals.
- Protective clothing, gloves, and safety goggles, when needed.

- Labels on containers of cleaning chemicals.
- Training on the hazards of cleaning chemicals you are using and safe work practices.

Your employer must train you to:

- Know the hazards of cleaning chemicals BEFORE using them.
- Know how to use and store cleaning chemicals safely.
- Know how and when to dilute cleaning chemicals you are using.
- Know what to do if there is a spill or other emergency.
- Know how to obtain and use hazard information on labels and material safety data sheets (MSDS).
- Know how and when to use protective clothing, gloves, and safety goggles.

Remember : Wash your hands after using cleaning chemicals and before eating, drinking, or smoking.

Green Cleaners

What are they?

- Cleaning products certified by independent organizations as safer to use and less harmful to your health and the environment.
- Cleaners with "green" in their name do not mean it has been certified.

Are Green Cleaners Effective at Cleaning?

- Many have met performance standards for its intended use.
- Also, many green cleaners are "fragrance-free" but still clean effectively. "Clean" does not have an odor!

Safety Reminder: You may need to use protective clothing, gloves or safety goggles with some certified green cleaners. Ask your employer.

Training Young Workers



According to the Bureau of Labor Statistics, the food services industry is the top employer of teenagers. One study found that 56 percent of young workers polled said they had received no safety training whatsoever before being assigned a new task.

10 Hazards Young Workers Should Know

1. Foodborne illnesses

Frequent hand washing, especially after using the bathroom or handling raw foods such as poultry, can prevent the spread of illness.

2. Slips, trips and falls

Floors must be kept clean and dry and appropriate slip-resistant footwear must be worn. Never carry a load so large that it blocks your vision.

3. Chemicals

Never mix bleach with ammonia; deadly chlorine gas may be released. Know what personal protective equipment you should be using. Always read labels and follow instructions.

4. Strains/Sprains

Never carry more than you can handle comfortably. Ask for help in lifting tables and other heavy objects. Repetitive reaching across tables to place or retrieve dishes can cause pain and muscle strain.

5. Electrocutation

Don't go near an electrical appliance or outlet while standing on a wet floor. Never handle plugs with wet hands. If a cord is frayed or cracked, don't use an appliance. Tell your supervisor. Never go near a person who has received an electrical shock until the power has been shut off.

6. Burns

Avoid exposure to steam. Let hot dishes cool before touching. Check sink water temperatures before plunging hands into water.

7. Cuts

When cutting food, ensure that your fingers aren't in the way if the knife slips. Cut away from your body. Never use fingers to pick up broken glass. Sweep it up.

Don't compress a trash bag with your hands or body. It may contain items that could cut you. If you find a discarded needle, don't touch it. Tell your supervisor.

8. Workplace violence

Ensure back doors to restaurants are kept locked. Know your state or provincial laws regarding how late you can work and whether you should be working alone.

9. Cooking

Know the laws regarding minimum ages for being allowed to work as a cook. Be careful around hot oil. Use correct grease temperature and level. Wear aprons and protective clothing. Know how to extinguish a grease fire (never use water!) Don't reach over hot surfaces.

10. Heat illnesses

Working in a high-temperature restaurant without air conditioning in the dead of summer can cause life-threatening heat stroke. Wear cool clothing, take cool-down breaks and drink plenty of water.

Fryer Safety - Discarding Used Cooking Oil

Rita, the 27-year-old Shift Manager, had worked at the restaurant for three years. She liked her work and tried to do the best possible job. She arrived at 5 a.m. to find out that two of her employees had called in sick; she would have to operate her shift short-handed again. The fryer oil had to be changed, and Rita knew the company procedure for doing it. She attached the drain extension and allowed the hot oil to dispense into the collection pot, which was also used to cook beans. She waited about an hour for the oil to cool, but she wanted to get the job done sooner. While trying to carry the 50-pound pot outside, she slipped, and the 360-degree oil spilled over her body, causing severe burns.

As with most accidents, this one has numerous root causes. Some involved procedures, some equipment and some conditions. Discarding used cooking oil can, of course, be done safely, but management must emphasize to employees that this 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 used oil.



Place under drain
and Empty Fryer



Walk Shuttle



Push up against the
barrel or dumpster



Hook on barrel or
dumpster



Squat and lift...



Empty Shuttle.



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, vis-
it 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**