



SAFETY NEWSLETTER

01/01/2019

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Restaurant Safety Tips



With sharp equipment, open flames, and tight spaces, there are many safety risks present in a restaurant. To keep your establishment safe for employees as well as customers, it's important to be aware of these hazards and minimize them as much as possible. Keep reading for our guidelines on how to train your employees, operate equipment, and prevent fires and common injuries to ensure that your restaurant operates safely for everyone.

Train Your Employees in Restaurant Safety Procedures

In order to maintain a safe working environment, it is important that each of your staff members follows safety procedures. Your kitchen is only as safe as your employee who has received the least amount of training. For this reason, investing time in training your employees is one of the most effective way to make your restaurant safe.

Try to customize their training to processes used in your unique kitchen, and consider encouraging your employees to acquire ServSafe certification from the National Restaurant Association. This restaurant safety training program teaches your employees basic food safety and sanitation

practices, including handling allergens and preventing cross-contamination.

Operate Restaurant Equipment Safely

A key part of training your employees is showing them how to use your kitchen equipment properly. Refer to the following checklist to ensure that misused or faulty equipment doesn't cause an emergency in your kitchen.

Use equipment properly. All pieces of equipment should be used according to the manufacturer's instructions.

Avoid electrical hazards. Keep electrical appliances away from wet areas, and check their cords for damage regularly. If there are cracks, frays, or other signs of damage, stop using the appliance immediately until you can replace its cord.

Prevent appliance failure. Have your appliances regularly inspected by a professional. Do not attempt to repair broken appliances by yourself.

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Practice Restaurant Fire Safety



According to data from the U.S. Fire administration, roughly 5,600 restaurant fires are reported each year, with cooking as the leading cause of incidents. Making sure that kitchen staff members are alert and attentive to cooking dishes is the simplest way to prevent fires in your establishment.

However, there are other important measures to take when it comes to restaurant fire safety. Here are some steps you can take toward preventing fires in your kitchen.

Install Fire Safety Equipment

Have multiple fire extinguishers in your establishment, and do not put them only in your kitchen.

Install emergency lights and exit signs throughout your space.

Look into appliances with fire suppression systems. When activated, these units can switch off your fuel supply and dispense substances that help to put out flames. Some units release these chemicals automatically and others have manual switches.

Implement Fire Safety Procedures

Keep flammable objects away from flames. Do not store dish towels near your cooking equipment, and be sure that your employees are not wearing baggy clothing that could catch fire.

Know how to put out a grease fire. Do not use water to put out a grease fire. Instead, cover the flames with a metal lid and turn off the heat source. Use a fire extinguisher if the fire persists.

Know how to use a fire extinguisher. Ensure that each of your employees knows how to properly use this equipment. Additionally, always replace your extinguisher when it is low on fuel.

Have an evacuation plan. Keep this plan posted somewhere where everyone can see it.

Know how to switch off your power sources. Teach your staff members how to turn off gas and/or electrical power in the case of an emergency.

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
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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