



SAFETY NEWSLETTER

10/01/2019

Young Workers in Restaurants



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.

Remember: Teenagers don't necessarily know or recognize workplace dangers.

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Time & Temperature Control for Food Safety



Some food requires time and temperature control to keep it safe. It is called TCS food (Time and Temperature Control for Safety). Disease causing pathogens can grow well in TCS food when it is kept at a temperature between 41°F and 140°F. This temperature range is known as the temperature danger zone. The longer food is in the temperature danger zone, the more time pathogens have to grow.

Cold Holding Temperatures

- Cold foods must be maintained at 41°F or less.
- Frozen foods have no specific temperature requirement other than to remain frozen. It is recommended that frozen food be maintained at 0°F or less.

Cooking Temperatures

- Eggs for immediate service, and except as otherwise required.
- Fish, meat, and commercially

raised game animals must be cooked to:

145°F or above for 15 seconds.

- Chopped or ground meat, fish, and commercially raised game animals; pork; injected meats; and eggs cooked for hot holding must be cooked to:

155°F or above for 15 seconds, or

150°F or above for one minute, or

145°F or above for three minutes.

- Poultry; stuffed food products; stuffing containing fish, meat or poultry and wild game animals must be cooked to:

165°F or above for 15 seconds.

Microwave Cooking

- Foods cooked in a microwave must be cooked to 165°F. The product must be covered, and

rotated or stirred during the cooking process.

Hot Holding Temperatures

- If hot holding of a cooked product is necessary, the food must be maintained at 140°F or above. The exceptions are roasts, which must be held at 130°F or above.

Cooling of Foods

- Foods must be cooled from 140°F to 70°F within two hours, and from 70°F to 41°F within an additional four hours.
- The goal is to cool foods as quickly as possible.

Reheating of Foods

- Food that is reheated for hot holding must be reheated to an internal temperature of at least 165°F for 15 seconds.
- Reheating must be done rapidly and the minimum temperature must be reached within two hours.
- Steam tables, warmers, or similar equipment do not heat food quickly enough and must not be used for reheating food.

Where and how should thermometers be used?

As the manager, you determine which types of thermometers are used, where they are used, how often they are checked, and who is responsible for checking them.

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

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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

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And

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email at niha@calsra.com