

SENTINEL RESTAURANT ASSOCIATION



SAFETY NEWSLETTER

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Personal Protective Equipment



Using personal protective equipment is often essential, but it is generally the last line of defense after engineering controls, work practices, and administrative controls. Engineering controls involve physically changing a machine or work environment. Administrative controls involve changing how or when workers do their jobs, such as scheduling work and rotating workers to reduce exposures. Work practices involve training workers how to perform tasks in ways that reduce their exposure to workplace hazards.

As an employer, you must assess your workplace to determine if hazards are present that require the use of personal protective equipment. If such hazards are present, you must select protective equipment and require workers to use it, communicate your protective equipment selection decisions to your workers, and select personal protective

equipment that properly fits your workers.

You must also train workers who are required to wear personal protective equipment on how to do the following:

- Use protective equipment properly,
- Be aware of when personal protective equipment is necessary.
- Know what kind of protective equipment is necessary.
- Understand the limitations of personal protective equipment in protecting workers from injury.
- Put on, adjust, wear, and take off personal protective equipment, and
- Maintain protective equipment properly.

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Protection from Head Injuries

Hard hats can protect your workers from head impact, penetration injuries, and electrical injuries such as those caused by falling or flying objects, fixed objects, or contact with electrical conductors. Also, OSHA regulations require employers to ensure that workers cover and protect long hair to prevent it from getting caught in machine parts such as belts and chains.

Protection from Foot and Leg Injuries

In addition to foot guards and safety shoes, leggings (e.g., leather, aluminized rayon, or other appropriate material) can help prevent injuries by protecting workers from hazards such as falling or rolling objects, sharp objects, wet and slippery surfaces, molten metals, hot surfaces, and electrical hazards.

Protection from Eye and Face Injuries

Besides spectacles and goggles, personal protective equipment such as special helmets or shields, spectacles with side shields and face shields can protect workers from the hazards of flying fragments, large chips, hot sparks optical radiation, splashes from molten metals, as well as objects, particles, sand, dirt, mists, dusts, and glare.

Protection from Hearing Loss

Wearing earplugs or earmuffs can help prevent damage to hearing. Exposure to high noise levels can cause irreversible hearing loss or impairment as well as physical and psychological stress. Earplugs made from foam, waxed cotton, or fiberglass wool are self-forming and usually fit well. A professional should fit your workers individually for molded or preformed earplugs. Clean earplugs regularly, and replace those you cannot clean.

Protection from Hand Injuries

Workers exposed to harmful substances through skin absorption, severe cuts or lacerations, severe abrasions, chemical burns, thermal burns, and harmful temperature extremes will benefit from hand protection.

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Protection from Body Injury

In some cases workers must shield most or all of their bodies against hazards in the workplace, such as exposure to heat and radiation as well as hot metals, scalding liquids, body fluids, hazardous materials or waste, and other hazards. In addition to fire-retardant wool and fire retardant cotton, materials used in whole-body personal protective equipment include rubber, leather, synthetics, and plastic.

When to Wear Respiratory Protection

When engineering controls are not feasible, workers must use appropriate respirators to protect against adverse health effects caused by breathing air contaminated with harmful dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors. Respirators generally cover the nose and mouth or the entire face or head and help prevent illness and injury. A proper fit is essential, however, for respirators to be effective. Required respirators must be NIOSH-approved and medical evaluation and training must be provided before use.



RESTAURANT SAFETY, HEALTH, HAZARDS, RULES, AND CHECKLIST

Health and Safety in Restaurants

Health and safety in restaurants is often overlooked because it is considered a non-high hazard industry when compared to other occupations. However, this does not mean life-changing injuries and illnesses do not occur in restaurants. In this article, we'll highlight the most common hazards in the restaurant industry and offer up some controls that will decrease the risk of having more injuries and illnesses.

Restaurant Safety Hazards

Restaurants are absolutely notorious for having a few different kinds of hazards, but the most common one is slip, trip, and fall hazards from having a slippery or obstructed walking surface. This accounts for the overwhelming majority of injuries in restaurants. Here is a good starter list:

1. Slips, trips, and falls due to slippery or obstructed walking surfaces
2. Cuts and abrasions to hands from kitchen utensil use
3. Burns from cooking equipment and hot plates
4. Loss of fingertips and entire fingers from meat slicers
5. Workplace violence from other employees or customers

Of course, you'll want to add to this list after a good inspection of your facility and a review of previous injuries or illnesses, which you can retrieve from your workers' compensation carrier.

Restaurant Safety Rules

Restaurant safety rules you might want to implement into your operations include:

1. No running in the restaurant at anytime
2. No horseplay in the restaurant at anytime
3. Use protective gloves or other PPE while handling knives and other cutting utensils
4. Never use any meat slicing equipment or other equipment unless you have been trained to use it safely
5. Use safe work procedures while cooking and handling hot plates to avoid burns

6. Treat all other employees as you would like to be treated at all times

Restaurant Ergonomics

A commonly overlooked safety issue with restaurants is ergonomics. The issues present themselves when a work station such as a dishwashing area or cooking area does not take into account proper body positioning and range of motion of the employee. Therefore, an inspection of each work station and some observation of individuals using these stations should be conducted in order to identify repetitive motions that could lead to injury. Sometimes, the purchase of new equipment or a complete re-design of the kitchen layout is required in order to eliminate the hazards. But it's still usually cheaper than a workers' comp claim for a repetitive motion disorder from working in an unsafe body position for extended lengths of time.

Restaurant Safety Checklist

A health and safety restaurant safety checklist is used to identify hazards in the restaurant. It can consist of just about anything, but here are some common sense things to look for in a checklist:

1. Slip, trip, fall hazards
2. Safe work procedures being used by employees
3. Workstations free of unnecessary debris or equipment
4. Employees trained to use the equipment they are using
5. Proper PPE such as gloves, non-slip shoes being worn

Restaurant Safety Manual

The purpose of a restaurant safety manual is to establish some basic policies and procedures for your restaurant that promote a safe and health workplace. A good restaurant safety manual will contain all the possible hazards your restaurant may face; allowing you to customize it to your specific restaurant by deleting or adding content yourself.

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Your Restaurant is our Passion

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us, Please spread the word.

SENTINEL
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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