

ADDRESS:
2503 Eastbluff Dr Suite 204,
Newport Beach, CA - 92660
PHONE: (949) 756-1654
FAX: (949) 251-9620
WEBSITE: www.calsra.com

**Administrative
Agent:**

Daryl Tallon

—

Manger:

Niha Osman

—

Contact Us

Email:

niha@calsra.com

Phone:

(949) 756-1654



SENTINEL RESTAURANT ASSOCIATION

SAFETY NEWSLETTER

07/01/2020

7 RESTAURANT SAFETY TIPS FOR YOUR COMMERCIAL KITCHEN

In the restaurant business, there are many things to focus on – whether it's your establishment's finances and aesthetic appeal, or the taste of the food you serve to your customers. But one glaring issue that demands your attention as a restaurant owner or manager is the people who run the show – your employees.

Working in the restaurant industry isn't a cut-and-dry to-do list of scheduling shifts and creating pay structure. Specifically in restaurants, there are many dangers your employees can face when they come into work, so it's important for you to have a focus on restaurant safety.

Kitchens can be dangerous.

Think about it – heavy machinery and equipment, liquids spilling onto the floor, hot pots and pans, sharp knives, cleaning chemicals, fire hazards, and not to mention the physical exertion the job requires. The job of working in a kitchen can't just involve training employees on safety procedures. While that does help, it's your responsibility in running your business to prevent the risk of injury and liability as much as you can.

1. Operate equipment safely

Make sure that your employees understand how to properly use all of the equipment in your kitchen, based on the specific instructions by the manufacturer.

2. Take caution to prevent slips, trips and falls

When grease, water and other liquids are spilled onto the floor, employees are at the risk of slipping and injuring themselves. The solution may seem to be to get a floor mat, but that's not enough if the mat is not properly maintained as employees may then trip. Therefore, you may want to out-

source your mats to a professional mat rental service provider.

3. Prevent burn hazards

Wearing the proper attire is essential here. Our culinary apparel line should help prevent some of the risk of burn hazards in the kitchen. You should also make sure to follow best practices such as making sure handles are not sticking out and are faced away from burners, keeping distance from hot oil, and not leaving hot oil unattended.

4. Prevent cuts and lacerations from sharp knives and other sharp objects

Dull, rusted and damaged knives used on a slippery surface are a recipe for disaster. Knives should be kept sharpened, cutting boards should be used and knives should be cleaned and stored properly to prevent rusting and damage to the knife.

5. Prevent sprains and strains

Too much physical exertion can put employees at risk of getting injured. Specifically, cleaning tasks and lifting heavy loads puts employees the most at risk. Check out this guide on how to prevent sprains and strains.

6. Prevent chemical hazards

The harsh chemicals used in the restaurant industry can put employees at risk for a variety of health concerns. Therefore, it is essential to provide them with the proper PPE (aprons, eye safety goggles, gloves, etc.) and training to prevent injury. Look at this article for more information on preventative measures.

7. Practice fire safety procedures

In the kitchen, the risk of fire is clear. Therefore, you need to understand the different types of fires, have fire and evacuation drills and take fire preventative measures.

PREVENTING BURNS



Stove Tops, Ovens, Broilers, Grills

Make the Workplace Safer

- Provide grills and other hot surfaces that have built-in guard bars, so workers won't accidentally touch them.

Follow Safe Work Practices

- Avoid overcrowding on the range tops.
- Set pot handles away from burners, and make sure they don't stick out over the edge of the range.
- Adjust burner flames to cover only the bottom of a pan.
- Don't fill pots too full, to avoid boiling over.
- Lift pot covers back safely to protect yourself from steam.
- Use tongs to lower food into boiling water.
- Get help when moving or carrying a heavy pot of simmering liquid.
- Never leave hot oil or grease unattended

Use Protective Clothing and Equipment

- Use potholders, gloves, or mitts when checking food on the stove, placing food in boiling water, or reaching into ovens and broilers.
- Never use wet material (like a damp towel) as a potholder.

Deep Fryers

Make the Workplace Safer

- Provide fryers that dump used grease automatically.
- Provide fryers that lower food automatically into

the hot oil.

- Use splash guards on fryers.

Follow Safe Work Practices

- Dry off wet food and brush off ice crystals before placing the food in the fryer basket.
- Wet foods splatter and cause steam.
- Fill fryer baskets no more than half full.
- Raise and lower fryer baskets gently.
- Do not stand too close to hot oil, or lean over it. Keep beverages and other liquids away from fryers.
- Don't strain hot oil or carry it.
- Wait until it is cool.
- Follow directions when adding new fat or oil.
- Cover fryer oil when it's not in use.

Use Protective Clothing and Equipment

- Use potholders, gloves, or mitts.
- Never use wet material (like a damp towel) as a potholder.

Microwave Ovens

Make the Workplace Safer

- Provide ovens that turn off when the door is opened.
- Check seals on microwave oven doors periodically.

Follow Safe Work Practices

- Do not use metal containers, foil, or utensils in a microwave oven.
- Open containers carefully after removing them from the microwave, to allow steam to escape.

Use Protective Clothing and Equipment

- Use hot pads, potholders, gloves, or mitts when removing items from the microwave.



PREVENTING CUTS



Knives

Make the Workplace Safer

- Provide knives that are the right size and type for each job.
- Provide box cutters for opening boxes.
- Provide proper storage for knives (counter racks, wall racks, or storage blocks).
- Allow workers enough time to work safely.

Follow Safe Work Practices

- Keep knives sharp.
- Dull knives are unsafe.
- Never leave knives soaking in water.
- Place a damp cloth under your cutting board to keep it from slipping.
- If you are interrupted while cutting, put the knife down in a flat, safe place.
- Pass a knife to another person by laying it on a counter, or pass with blade pointed down.
- Let a falling knife fall.
- Step back. Warn others.
- Never try to catch the knife.
- Carry and store knives in sheaths or protective cases when possible.
- When cutting, tuck in fingers on the hand that's holding the food.

Use Protective Clothing and Equipment

- If you're doing a lot of cutting, wear cut-resistant gloves that cover the wrists, fit well, and have sturdy, tightly-woven seams.

Slicers, Grinders, Food Processors

Make the Workplace Safer

- Equip large electrical appliances with machine guards.

- Keep cords, plugs, outlets, housings, and blades in good repair.
- Keep electrical outlets free of cracks and grease to avoid short circuits.
- Place electrical equipment away from water.

Follow Safe Work Practices

- Before using a machine, make sure guards are in place.
- Keep hands, face, hair, clothing, and jewelry away from moving parts.
- Always use lockout/tagout procedure when cleaning or repairing electrical equipment.
- A machine is locked out if a special locking mechanism is used so no one can turn it on, often at the plug or power circuit.
- In addition, it must be tagged out, which means that a written warning is attached to the power source telling people not to remove the locking mechanism or turn on the power.
- Keep floors dry near electrical equipment and outlets.

Use Protective Clothing and Equipment

- Wear cut-resistant gloves, goggles, sleevelets, and arm protectors when operating equipment.

Glass and Dishware

Make the Workplace Safer

- Designate one clearly-marked trash can for broken glass and sharp can lids.
- Store glasses, bottles, and dishware away from areas with a lot of foot traffic.
- Store glasses in racks.
- Don't stack them directly on top of each other.

Follow Safe Work Practices

- Use heavy-duty plastic or metal scoops for food or ice, not drinking glasses.
- Don't use chipped or cracked glasses or dishware.
- When cleaning up broken glass, use a dustpan and broom.

Use Protective Clothing and Equipment

- Wear gloves and goggles if necessary when cleaning up broken glass.
- Wear gloves or use a towel when removing lids from glass jars.



Your Restaurant is our Passion

2503 Eastbluff Dr Suite 204
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,
visit our website -
www.calsra.com

Thank you for your refer-
rals! If you're pleased with
us, Please spread the word.



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