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SLIP AND FALLS



Moving Around Safely

Make the Workplace Safer

- Provide enough work space to avoid collisions.
- Provide proper storage so walkways and work areas are kept free of clutter.
- Keep electrical cords out of walkways.
- Have enough outlets so extension cords are not needed.
- Maintain carpets in good condition.
- Lay out the dining room and kitchen without tight or blind corners to avoid collisions.
- Have non-slip surfaces and handrails on stairs.

Follow Safe Work Practices

- Don't move too quickly.
- Don't carry items too tall for you to see over.

- Warn other workers when walking behind them.

Use Protective Clothing and Equipment

- Wear non-skid, waterproof shoes with low heels.
- Lace and tightly tie your shoes.
- Don't wear over-sized or baggy pants that could cause you to trip.

Spills and Clean-up

Make the Workplace Safer

- Have non-slip stable floor mats in good condition in areas that could get wet. But remember that moving heavy mats can cause back injuries.

Follow Safe Work Practices

- Clean up spills immediately.
- Clean floors regularly so grease does not build up.
- Use a clean mop with approved floor cleaners.
- Use warning signs to keep people off wet floors.

Falls When Reaching or Climbing

Make the Workplace Safer

- Provide enough ladders and footstools of the right size and keep them in good condition.
- Have good lighting in work areas, and in delivery and storage areas.
- Set up work areas to limit the need for reaching and climbing. For example, keep the most frequently used items on accessible shelves.

Follow Safe Work Practices

- Never use a box, cart, or other equipment to reach for objects. Use a ladder or footstool.

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.

ROBBERIES AND ASSAULTS



Basic Security Measures

Make the Workplace Safer

- Post emergency telephone numbers.
- Post laws against assault, stalking, and violent acts.
- Have good lighting in the workplace.
- Have good lighting and security in parking lots and other areas where people go alone at night.
- Have more than one exit workers can reach in case of emergency.
- Schedule at least two people per shift, especially at night.
- Train workers on what to do in case of robbery, crime, or a potentially violent situation.
- Set up a reporting process for violent incidents and threats.
- Don't require servers to wear revealing or sexy uniforms.

Follow Safe Work Practices

- Keep background noise down so people will be aware of any problem.
- Use the "buddy system" when walking to public transportation and parking areas.
- Make sure back doors are locked at night. Workers should still be able to exit easily.

Handling Cash

Make the Workplace Safer

- Leave a clear, unobstructed view of the cash register area from the street.
- Post signs that the cash register only contains a small amount of cash.
- Store larger amounts of cash in a drop safe.

Follow Safe Work Practices

- Don't count cash in front of customers.
- Use the "buddy system" during cash drops.

Security Systems

Make the Workplace Safer

- Have working locks and alarms kept in good condition.
- Have a way to communicate with the police or security personnel, like a "panic" button or silent alarm.
- Provide surveillance cameras and/or mirrors.

Preventative measures

There are several measures that can be taken to minimize security risks as well as the risks to your employees.

- Make sure all entry doors are locked and the alarm is engaged once all patrons exit the building, even when staff remain to perform closing tasks.
- Regular walk-throughs of the restaurant during shifts, often by a manager, should be conducted to look for suspicious activity.
- Install cameras both inside and outside the restaurant for easier monitoring and recording.
- Walk-in freezers and coolers should have panic alarms and internal release mechanisms installed in case employees are locked inside during a robbery.
- Ensure parking lots and entrances/exits are well-lit. If not, install additional exterior lighting.
- Practice situational awareness by having employees enter and exit the restaurant in groups whenever possible. Follow an alternate deposit schedule, where deposits are made daily during daylight hours and never at night. Daily deposits also minimize the amount of cash left on-site, preventing a larger loss in the event of a robbery.

If a robbery occurs

If a robbery does occur, your team's safety is always more important than money. Encourage everyone to follow the instructions of the robbers and cooperate to the fullest extent. Hand over the money and contact the police right away once the robbers have left the property.

Remind employees to make mental notes of what each assailant looks like (height, build, etc.) as well as the plate number and make/model of any vehicles used. If there's one in your area, establishing a relationship with a local, trusted security firm is also wise.

SENTINEL
RESTAURANT
ASSOCIATION



Your Restaurant is our Passion

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Thank you for your refer-
rals! If you're pleased with
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