

Job Safety

Do not wait to tell a manager about an injury. Inform your manager immediately & fill out an incident form!

Communication

People are constantly moving around our busy kitchens. We need to communicate with someone another about what we are doing.

- When walking behind someone say **“BEHIND!”** Say it loud so they can hear you.
- When walking around a blind corner say **“CORNER!”** Say it loud so they can hear you.
- Another example would be, **“HOT PAN!”** Say it loud so they can hear you.
- If you hear someone give communication like this, you need to: freeze, look in the direction, and wait to make sure they have cleared you before you move again.

TIP: MOVE YOUR HEAD AND LOOK BEFORE YOU MOVE YOUR BODY

Knife Safety

- Use the correct knife for the correct job.
- Never cut towards yourself – always away from yourself and others.
- Use a cutting board. Put a damp cloth or slip mat under the cutting board to prevent slips.
- Carry knives down at your side when walking.
- Let a knife fall. Do not try to catch a falling knife.
- Return the knife to the knife rack or proper storage area.
- Knives should be wash, rinsed and sanitized before being putting away. Never dump a knife in a full sink or anywhere where someone could accidentally be cut.

Burn safety

- Turn all pot handles in, and out of the aisle way.
 - Use oven gloves or pot holders when handling any hot container. **DO NOT USE HAND TOWELS.**
 - When using fryers:
 - keep hands away from potentially splashing grease.
 - When using fryers, lower baskets slowly to avoid splashing.
- *WARNING - LIQUIDS *OR ICE) ADDED TO A FRYER MAY CAUSE IT TO OVERFLOW***

Electrical Safety

- Do not use any machine or equipment without being trained on it first.
- Always unplug equipment before cleaning.
- Report worn cords to your manager.

Fire Safety

- Know where the nearest exit is.
- Know where the unit meeting place is for emergencies.
- **Class ABC fire extinguishers can be used on non-grease fires.**
- **Class K fire extinguishers are used on grease fires.**
- ANSUL system – anyone who works in a station with any kind of cooking equipment is be required to know where the location of ANSUL pull stations.

Slip & Fall Safety

- Always walk, never run.
- Wear non-slip shoes
- Clean up spills immediately.
- Use wet floor signs for any spill or potentially wet area.

Proper Lifting

- Test the load.
- Squat with your feet shoulder-width apart.
- Squat down bending at the knees (not the waist). Keeping your back straight.
- Get a firm grasp of the object before beginning the lift.
- Begin slowly lifting with your legs by straightening them. Never twist your body.
- Once lift is complete, keep the load close to your body to prevent straining the lower back. When you turn, point your feet in the direction you are turning first, this way you will not twist your back.

WHENEVER POSSIBLE USE A DOLLY, CART, FLAT BED OR HAND TRUCK TO MOVE HEAVY LOADS (OR TEAM LIFT)!

