

# Restaurant workers are one of the **largest groups** of workers **injured on the job** each year

Reduce your chances of getting hurt with these simple safety tips

## **PREVENT BURNS**



- Keep hair, clothes, and flammable materials away from open flames.
- Prevent grease buildup on grills and surrounding areas.
- Allow hot oil and grease to cool overnight before disposing.
- Wear the right personal protective equipment, oil-resistant apron or coveralls, and elbow-length gloves.
- Be sure that hot-oil containers can withstand high temperatures and do not use plastic.
- Do not over-fill containers with grease – make sure they are large enough to do the job.
- Use carts and tight-fitting, secured lids when moving containers of hot oil or grease to prevent spills and splashing.
- Read the warning labels and follow the safety instructions before using products that contain corrosive chemicals for sanitizing.



## **PREVENT CUTS**



- Carry knives point down with the blade away from your body.
- Wear a protective glove on your non-knife hand.
- Always look at what you're cutting.
- Don't leave knives on counters or cutting boards.
- Be careful when cleaning knives or blades.
- Don't put knives in soapy sinks.
- Don't operate or clean machines if you are younger than 18.
- Don't use equipment unless you are trained.
- Moving parts can cut you. Turn off power and unplug to clean.
- Make sure machine guards are in place and functioning properly.
- Keep hands, face, clothing, and hair away from moving parts.
- Don't wear anything that could get caught in equipment.
- Use a broom and dustpan to clean up broken glass. If you must use your hands, wear gloves.
- Ask where to dispose of glass.
- Don't use hands and feet to smash down garbage.

