

Food Service – *Basic Kitchen Safety*

Is the kitchen a dangerous place to work?

IT CERTAINLY CAN BE !

- Floor Care** – **CLEAN IT UP IMMEDIATELY.** Take a **Zero Tolerance** position for all floor hazards – water, food, oil, debris, towels, trash. Never tolerate and debris on the floor.
- Lifting** – Always size up the load. Ask for help as often as you can. Get as close to the object as you can and **always lift with your legs – not you back!** Know your limits!
- Spills** – Never over fill carts, trays or counters. Overfilling causes spills – **spills cause falls.**
- Moving** – When passing behind others say, “Behind You!”. If you’re carrying something hot and heavy tell everyone as you move through the area.
- Machines** – Electric meat/cheese slicers, meat grinders, band saws, bread slicers – **always keep all the guards in place.** Shut them off when finished and unplug them when cleaning. Immediately report equipment that is damaged or malfunctions in any way – take it out of service.
- Storage** – Put heavy items on lower shelves, close to the waist. They’ll be easier to remove and carry that way. Keep aisles clear (36”) and remove storage from the floor.
- Knife Use** – **Always use the Kevlar Safety Glove whenever you use a knife.** Keep knives sharp – dull knives can slip and cause injury. Cut downward, away from your hand and body. Store knives blade down, handle up when not in use and when they’re put in the dishwasher. After use, run the safety glove through the dishwasher.
- Chipped Glassware** – Discard ALL plates, bowls, glasses and cookware that becomes cracked, broken or chipped. Protect the guests, other employees and YOURSELF!
- Food Carts** – Always put food/beverage carts and tray stands close to the wall when not in use.
- Wash Your Hands** – **Always wash your hands after using, cleaning or inspecting the restrooms.** Wash your hands when you move from job to job. Always wash your hands after handling any meat, poultry or egg products.
- Dress Code** – Always wear the appropriate clothing or uniform. Cover your hair completely and remove all jewelry. Wear substantial leather work shoes with a skid resistant sole.
- Cover Food** – Cover food during thawing, transport and storage to avoid spills and to prevent anything from falling into the containers.