

# Restaurant and Food Service Safety





# RESTAURANT SAFETY

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Equipment	2
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Infection Control	4
Ten-step Business Plan	5
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# RESTAURANT SAFETY

## A G E N D A

8:30 – 9:30	Introduction and Objectives (statistical data, examples)
9:30 – 10:15	Equipment (hazards, guarding, lockout/tagout, etc.)
10:15 – 10:30	BREAK
10:30 – 11:30	Equipment (continued)
11:30 – 12:30	LUNCH
12:30 – 1:30	Hazard Evaluation
1:30 – 2:15	Infection Control
2:15 – 2:30	BREAK
2:30 – 3:30	Ten-Step Business Plan
3:30 – 4:00	Q & A Evaluations Wrap-up



## RESTAURANT SAFETY



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## Emergency Exits



Meeting  
location

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## Breakroom

- Pay phones
- Message board
- Coffee
- Vending machines
- Refrigerator
- Can recycling



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## Registration Desk

- Register for other classes.



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## Cell phones



Having detected the ringing, OCOOSH's automatic cell phone suppression system kicked in.

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Emergency Telephone number  
(Messages too)

**614.466.8184**

Fax

614.752.2655

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**Library and Video Library**  
The PREMIER health and safety library East  
of the Mississippi River.  
**800.644.6292**  
option 2, option 2, option 1  
Local Columbus  
614.466.7388

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Name tent  
**Please WRITE**  
your name  
**BIG**

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**Sign In Sheet**

- Spelling ok?
- Address and telephone number ok?
- Company name?
- e-mail address?
- Signature

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## Restroom Directions




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## COURSE OBJECTIVES

- Benefits of an effective Safety and Health program
- Ergonomic Risk Factors
- Kitchen Equipment Safety
- Infection Control
- Chemical Safety
- Hazard Evaluation for Walking and Working Surfaces

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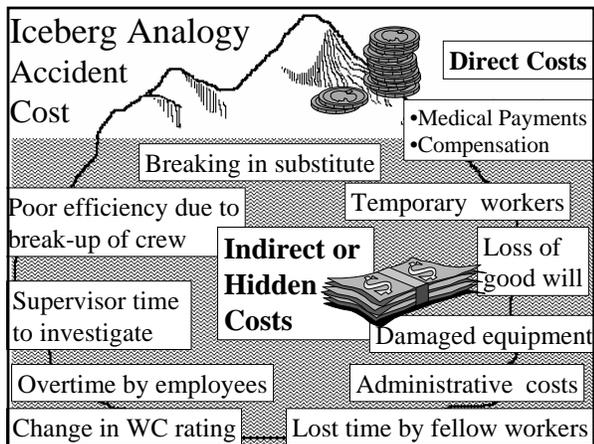
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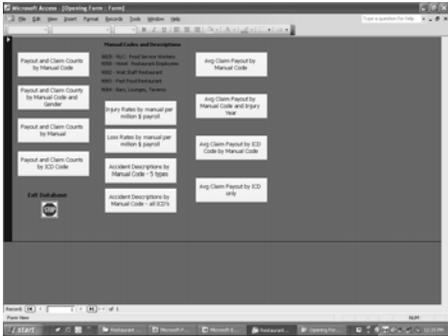
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# DATA ANALYSIS 2000-2006




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## OHIO FOOD SERVICE

- Retirement Living Centers
- Hotel Restaurant
- Fast Food
- Wait Staff
- Bars, Lounges, Taverns




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## TOP 5 COUNT – LOSS PAYOUT

- LUMBAR DISC DISPLACEMENT
- OPEN WOUND OF FINGER
- SPRAIN LUMBAR REGION
- SPRAIN OF NECK
- SPRAIN OF KNEE & LEG NOS




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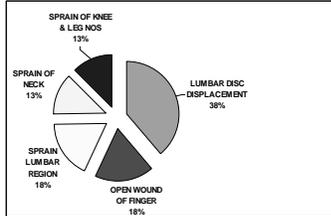
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## LOSS PAYOUT DISTRIBUTION FOR TOP FIVE INJURIES



INJURY	PAYOUT
LUMBAR DISC DISPLACEMENT	\$22,041,916
OPEN WOUND OF FINGER	\$10,375,250
SPRAIN LUMBAR REGION	\$10,074,626
SPRAIN OF NECK	\$7,227,025
SPRAIN OF KNEE & LEG NOS	\$7,139,989

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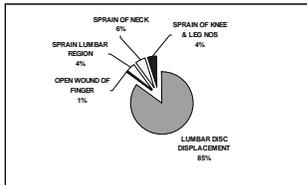
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## AVERAGE CLAIM COST FOR TOP FIVE INJURIES



LUMBAR DISC DISPLACEMENT	\$47,917.21
OPEN WOUND OF FINGER	\$386.34
SPRAIN LUMBAR REGION	\$2,383.40
SPRAIN OF NECK	\$3,190.74
SPRAIN OF KNEE & LEG NOS	\$2,513.20

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## WHAT ABOUT MY RESTAURANT?



- Ask your BWC representative to perform a Loss Analysis Report for your company.

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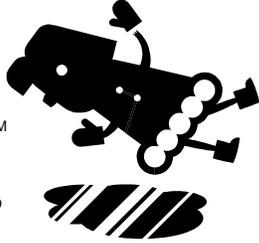
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## ACCIDENT DESCRIPTIONS

- WHILE WALKING BACK INTO STORE. I STEPPED ON THE SIDEWALK AND MY HEAD HIT THE DRIVETHRU ROOF
- PER FRIOL, SLIPPED ON WATER. WENT TO CATCH MYSELF AND INJURED MY ARM
- PER TELEPHONE- I WAS WALKING THROUGH THE BAR, AND I WAS GOING TO UNLOAD THE TRUCK , AND I SLIPPED ON THE WET FLOOR AND I BLACKED OUT.



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## ACCIDENT DESCRIPTIONS

- A FIGHT BROKE OUT. I TRIED TO CONTROL IT. ONE OF THE GUYS PUSHED ME OUT OF THE WAY. I WENT FLYING BACKWARDS, HIT A TABLE WITH MY BACK MOVED IT ALONG WITH A CHAIR AND FELL BACKWARDS TO THE FLOOR
- 1.
- WALKING TO FILL UP BEVERAGES IN THE BACK, SLIPPED AND FELL ON GREASE/WATER
- WENT TO PUT A CRATE ON TOP OF A SHELF VASE FELL ON TOP OF MY HEAD. (PER FROI, SIGNED BY IW)



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## Food Service Safety



Ben Hissam  
 Safety Consultant, BWC  
 Division of Safety & Hygiene

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## What happens if you get injured ??

- Report your Injury no matter how minor you feel it is
- Report the accident Immediately to your supervisor

- » Employer is responsible:
- » Filing a claim to BWC (FROI)
- » Recording the accident (OSHA Log)
- » Investigating the accident




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## First Report of Injury

- Personal Information →
- Injury Description →
- Physician Information →
- Employer Information →

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## Accident Investigation Process

- Call corporate HR to begin the accident investigation process
- Determine what happened using (root cause analysis)
- Begin Interview process
- Document what happened do not use names
- Determine corrective actions to prevent re-occurrence
- Each accident investigation is a learning process
- The main purpose of the accident investigation is to find out why the accident happened and to prevent re-occurrence
- Near-misses (no one was injured) should also be investigated

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## Who Regulates Restaurants ?

- **Occupational Safety and Health Administration OSHA**
- Employee Safety
- **Department of Health**
- Customer Safety
- Food safety and sanitation

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## 29 CFR 1910

- Code of Federal Regulations (CFR)
- 29 (part) Occupational Safety and Health Administration OSHA
- 1910 General Industry
- Standards that the Restaurant Industry must follow
- General Duty Clause
- Hazard Communication
- Isolation of hazardous energy
- Bloodborne Pathogens
- Personal Protective Equipment
- Emergency Action Plan
- Walking / Working Surfaces

C F R	_____
	_____
	29 Part 1910
	Labor
	_____
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### Potential Kitchen Hazards

- Machine hazards (powered moving parts or blades)
- Thermal Hazards (Tilt Steam Kettles, Rack Steamer, Hot Beverages, Steam Table inserts)
- Deep fat fryer (Hot oil splattering, Filtering)
- Chemical Hazards (housekeeping, dishwashing, sanitation)
- Open blades or other sharp objects

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### Potential Hazards (continued)

- Slips, Trips, Falls
- Slippery or cluttered floors,
- Strains, Sprains, Soft Tissue Injuries
- Lifting of heavy items
- Repetitive tasks
- Awkward Lifting Positions



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### Hazard Controls

- **Engineering:** (equipment design by eliminating the hazards out)
- **Administrative:** (only have trained designated employees) Limit the time of the exposure
- **Personal Protective Equipment:**  
Slip resistant shoes, thermal or cut resistant gloves

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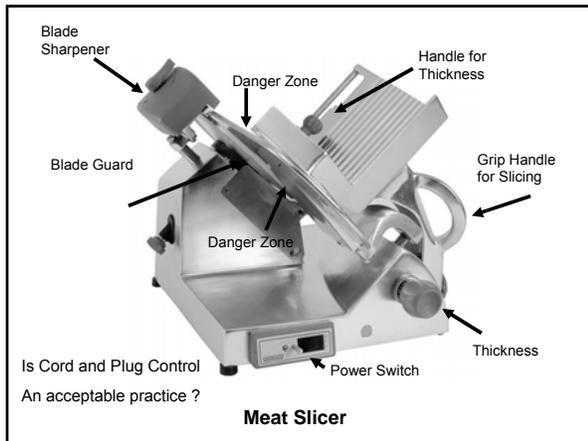
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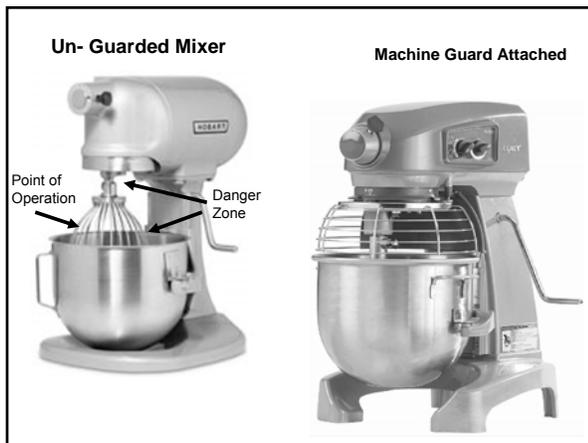
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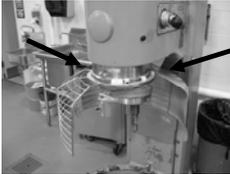


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### Guard Add On Kit

Guard can added on to most older model mixers

Bowl guard is interlocked Power is shut down when either guard is removed or open



Bowl guard must be in closed position before mixer will operate.



Bowl guard can be rotated open for fast removal of agitator and bowl.

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### Grater Attachment

Swing Guard

Operation Handle

Removable Guard



Engineering Controls:  
Placement of hands  
Isolation/ Distance  
Point of Operation

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### Movement of large mixing bowls

If Possible try to have a dolly system to help move heavy mixing bowls



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This material handling system is designed to help lift heavy mixing bowls of bakery batters

A rechargeable battery can be used over and over

It also has hand held controls for ease of operation

The cart uses a special clamp system designed to hold mixing bowls

The cart is on wheels and can easily moved to other areas



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### Machine Hazards (Grater)

Isolation of hazardous energy sources

Remove grater attachment

Cord and Plug control

(unplug grater when cleaning)

Provision of the standard:

Operator has control of machine



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### Thermal Hazards

- Tilt Steam Kettles
- Pressure Steamer
- Deep Fat Fryer
- Steam Table Crock
- Coffee or Tea Maker
- Ovens
- Flat Top Stoves
- Broilers
- Grills



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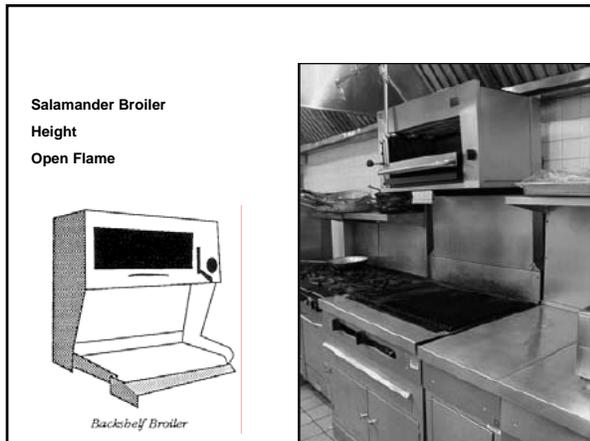
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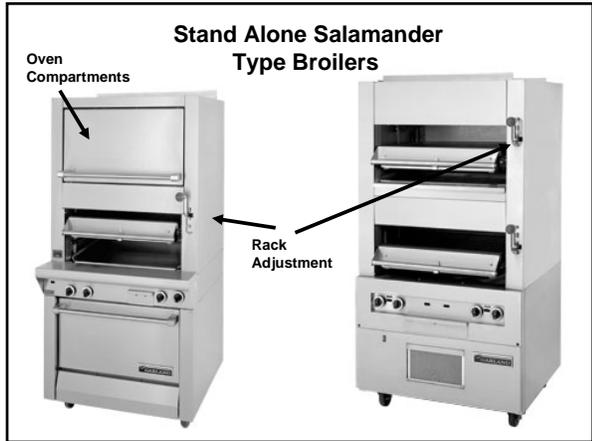
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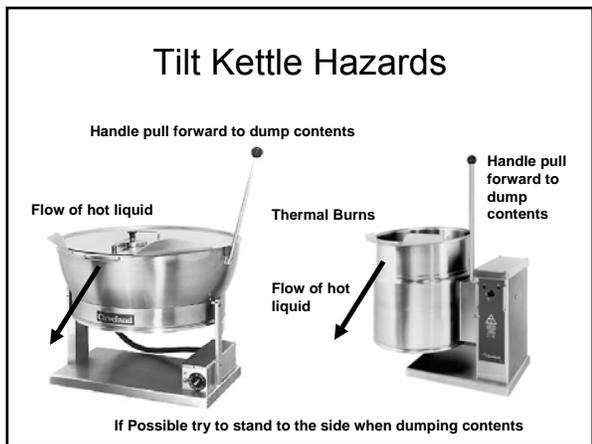
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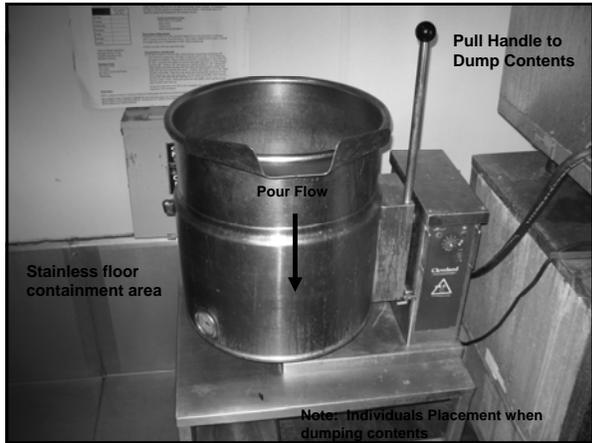
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**Potential Safety Hazards**

**Thermal Burns from Hot Oil**

- Ice or condensation on fries (popping or splattering)
- Handling of fries when dumping the basket (hot oil)

•Lighting Pilot light if applicable

•Change-out of Oil after hours

- Always allow hot oil to cool to a safe temperature before changing or handling
- Place a cart or table where fry baskets can be dumped to minimize burns




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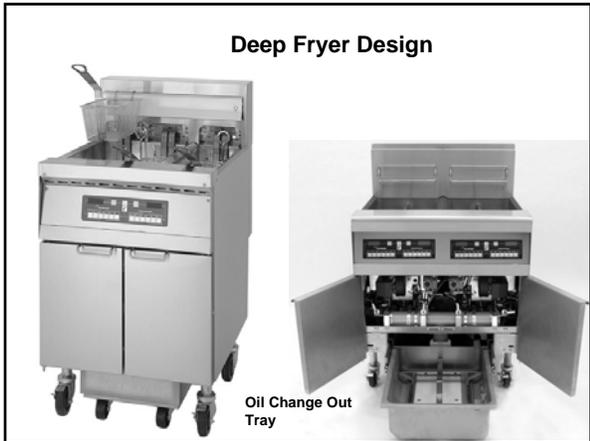
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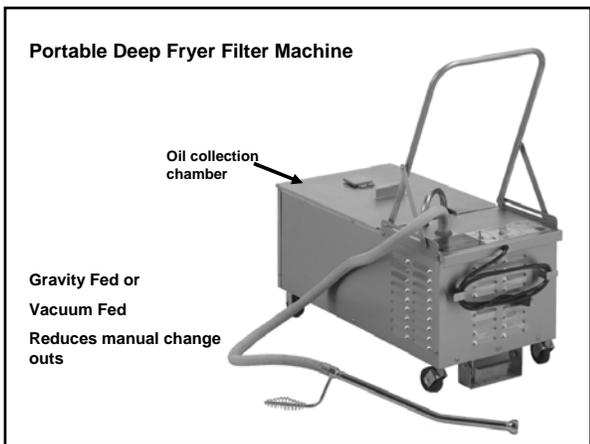
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### Rack Steamers

Ensure all pressure is released before handling

No bystanders are near by when opening the door



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**Release Door Latch**

Note: Ensure all steam pressure has been released before opening

Ensure no other individuals are near where the steam will escape when opening the door

Operator Controls  
On/ Off Switch

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### Hot Beverage Machines



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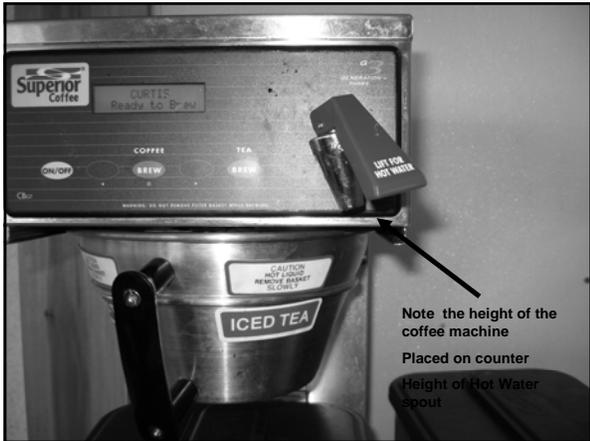
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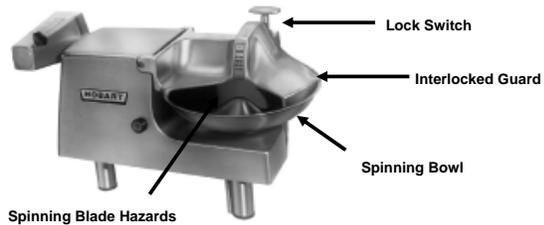
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## Food Cutters and Choppers



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## Commercial Food Processor



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## Industrial Food Processor

Adjustable Plunger Design

Hinge Type Guard



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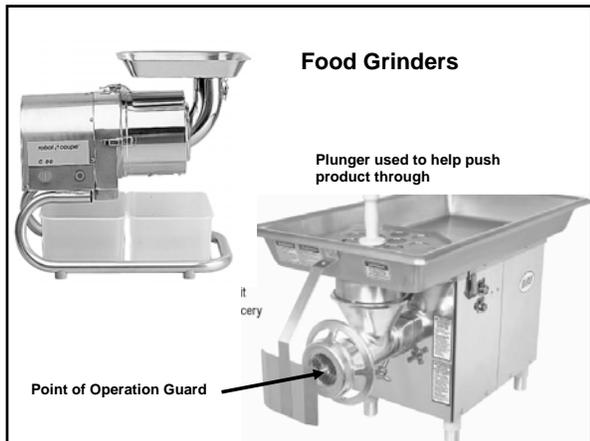
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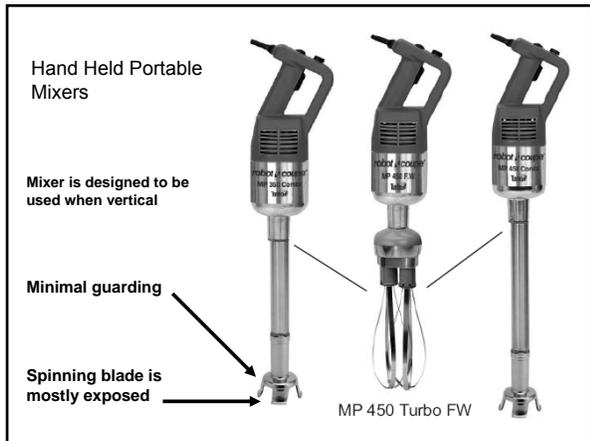
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## Storage

- Heavy items stored on bottom or lower shelves
- Ensure that items stored are secure
- Items should not fall off shelves if bumped accidentally

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### Storage of Kitchen Utensils

Most equipment is stored on hooks to gain easy access to the utensils

Ensure heavy utensils are secure to hooks to prevent from falling off if accidentally bumped



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## Knife Safety Basics

Note when holding a product close to the blade

Near the potential hazard area

Use these safe practices

•Cut in the direction away from the body.

Keep your fingers and thumbs out of the way of the cutting line.

Cut downward

Curl your fingers inward  
away from the blade



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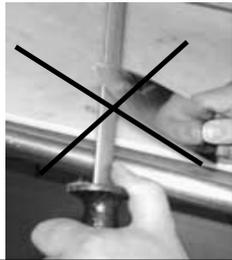
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Correct



**Chefs Steel  
Hand Placement**



Incorrect

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## Knife Storage



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## Protective Measures for Knives

- Require employees to use appropriate hand protection when hands are exposed to hazards such as cuts and lacerations.
- Kevlar or other cut resistant material

- Steel Mesh gloves
- (meat packing industry)



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## Control Measures

- Restaurant Industry can use:
- Pre-cut vegetables and Salads
- Onions
- Tomatoes
- Salads
- Potatoes
- Cabbage



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**Carbon Dioxide soda systems can come in many sizes**



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**Compressed Gas Cylinder Safety**

Ensure all regulators and valves are routinely inspected

Ensure all Cylinders are Secure from Accidental Tip Over

Store Empty Cylinders w Caps

Keep cylinders clear of debris and clutter



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**Example Bulk CO2 System MVE**  
This type of system can be found in some restaurant chains  
Pressure Relief Valve - 300 psi  
This type of system needs to have the relief connection vented to the outside  
CO2 Monitoring System  
Never store items on top of this tank

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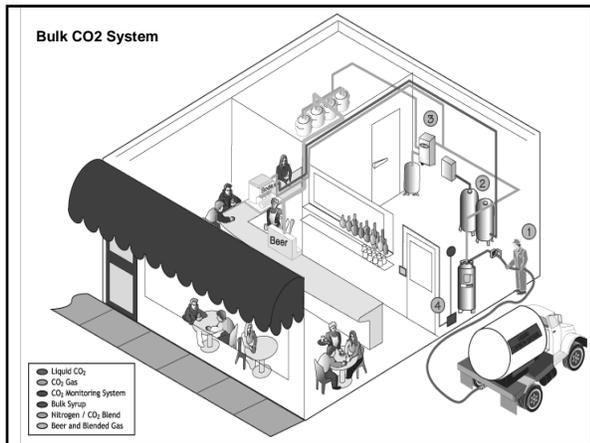
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- Front of the House**
- Ergonomic Hazards
  - Lifting and bending
  - Safety Hazards
  - Burns
  - Slips or falls
  - Cuts from food prep (Beverage Area)

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### Hazard Prevention

- Design and Layout of Equipment
- Reduction of Re-work
- Flow of Materials (food Prep and Serving)
  
- New Design:
- Menu Type and Type of Establishment?
- Full or Fast Service?
- Buffet or Sit Down?

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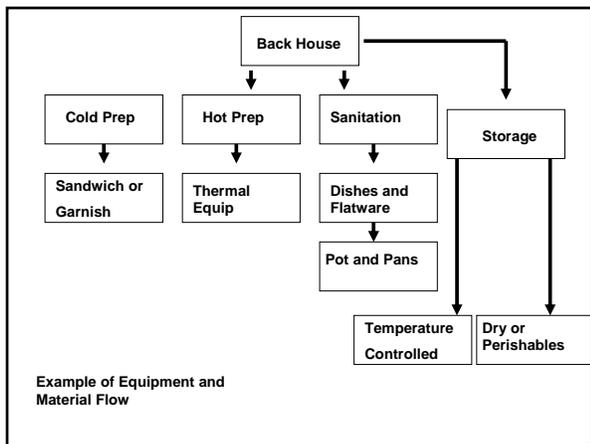
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## Front of the House

- Dining Layout
- Sit down – Tables or Booths?
- Beverage Area – Tables or Booths, Counter?
- Entertainment Area?
- Buffet or Self Serve Area?
- Prep Area – Broilers- Grill , etc.

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## Chemical Safety

- Cleaning Supplies
- Sanitation Chemicals
- Misc. Chemicals



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## Chemical Dangers

- Watch cleaning chemicals that may contain incompatible hazards
  - React with one another, unstable
- Bleach and Ammonia = Chlorine gas



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**SANITATION CHEMICALS**

**Dishwasher:**

- Wash solution
- Silverware soak
- Degreasers

**Housekeeping:**

- Misc. Floor cleaners and disinfectants

**Commercial grade chemicals used for cleaning**

**Kitchen Equipment**




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Cleaning or Sanitation chemical dispensing system  
Reduces chemical exposure  
Not mixing incompatible chemicals

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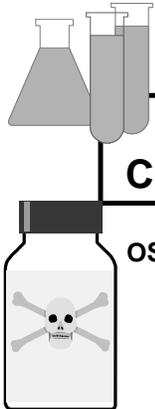
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## HAZARD COMMUNICATION

OSHA 29 CFR 1910.1200

Right to Know (RTK) Standard



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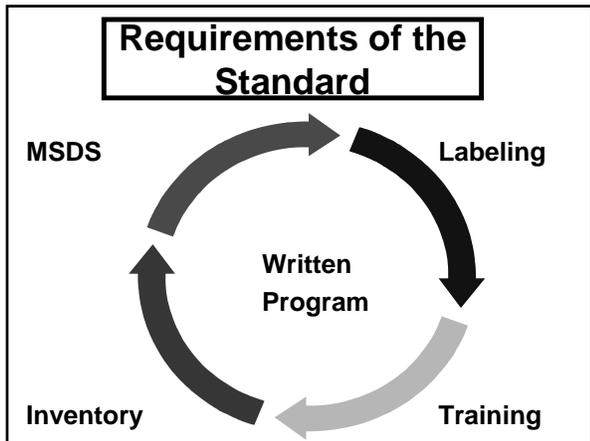
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### Hazard Communication Basic Elements

- Develop a Written Program
- Maintain MSDS
- Maintain Chemical Inventory
- Ensure Proper Labeling
- Implement Employee Training
- How to Read and Understand an MSDS




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### Hazard Communication MSDS Requirements

- Supplied by manufacturer/distributor
- Have on hand for each hazardous chemical
- Must be accessible to affected employees

- Chemical Manufacturer
- Trade Secrets :
- Must communicate what hazardous constituents are in the chemical
- Flavors
- Perfumes




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## HAZARD COMMUNICATION



- Workers must:
  - Have access to MSDS sheets
  - Understand how to read the MSDS
  - Be familiar with the HAZCOM program for your facility

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## Types of Chemical Hazards

- Physical



- Health



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## Material Safety Data Sheets

- Contain valuable information on known chemicals
- There are nine main sections of an MSDS
- There is no standardization for information and layout of an MSDS
- (Proposed: Global Harmonization for MSDS layout)

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• **Main sections of an MSDS ?**

- I. Chemical Identity
- II. Health Data
- III. Physical Data
- IV. Fire and Explosion Data
- V. Health Hazard Data
- VI. Reactivity
- VII. Environmental Data
- VIII. Special Protection
- IX. Special Precautions



Material Safety Data Sheet	
I. Chemical ABC Xyz Manufacturer CO.	CAS 12309812 Trade Name SDS
II. LD50 - 125 ppm C-500ppm	PEL 20ppm
III. pungent, Odor Appearance, Brown	Liquid Viscous
IV. P&HC:145F Combustible-Liquid Fire Fighting-Use ABC or Dry Chemical Extinguisher	
V. Route of Entry-Ingestion, Eye-Contact Flush eyes for at least 15 minutes Wash hands often	
VI. Keep away from Acids- Reactivity-Stable	
VII. Disposal- Dispose using federal and State Regulations in a secure landfill	
VIII. Wear Chemical Splash Goggles- Wear chemical protective gloves	
IX. DOT-Combustible Liquid NOS , Class 3	

• Note: pay particular attention to the highlighted red sections

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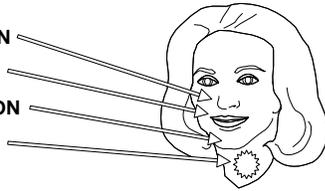
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**How do I get exposed to a chemical???**

**Four Routes of Entry**

- INHALATION
- INGESTION
- ABSORPTION
- INJECTION




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**Exposure Limits**

**Occupational Safety and Health Administration (OSHA):**

- **Permissible Exposure Limits (PEL's)**
- **8 hour work day x 40 hour work week (TWA)**
- **Found in 29 CFR 1910.1000 (Subpart "Z" Table)**
- **Establishes OSHA's Exposure Levels**
- **Legally Enforceable**

- Recommended Exposure Limits (REL)
- NIOSH (non enforceable)




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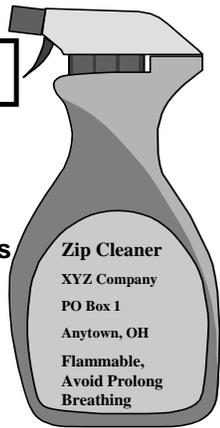
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## Manufacturers Label

- n Mfg.'s Name/Address
- n Product Name
- n Physical Warnings
- n Health Hazard Warnings  
Including Target Organ



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Label all secondary containers

What is in this Container ?



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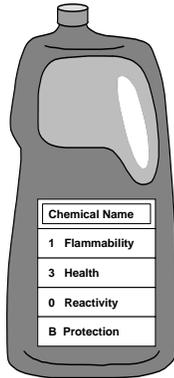
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**In House Label  
Secondary Containers**

- n **HMIS Label**
- n **Product Name**
- n **Physical Hazards**
- n **Health Hazard Warnings**

**Including Target Organ**




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- Commercial Grade  
Cleaners
- Disinfectants
- Sanitizers

DOT HAZMAT Label




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### Other Potential Hazards

- Dish or Pot Washing Operations
- Walk-in Cooler Floor
- Kitchen Prep Area
- Soda Syrup Storage

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## Hazard Controls Slips



- Slip resistant matting
- Slip Resistant Shoes ( shoes for crews)
- Heavier ML Trash Liners
- Spot Mop during busy times
- Use proper notification and signs to communicate if floor is wet or slippery

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## Corrections of Un-Safe Conditions

- Ensure no Clutter and Debris are blocking Exits or Doorways
- Trash sometimes will be staged inside near doorways
- Trash will sometimes leak when bags break or become punctured
- This creates an immediate slip hazard



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## Emergency Equipment

- Monthly Inspection requirements
- EXIT Emergency Lighting in the event of a power loss
- Portable Fire Extinguishers
- Medical Supplies (first aid kits)
- Eye Wash Stations



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## Emergency Action Plans

- Fire, Severe weather, work place violence
- Fire Prevention Plans
- Fire Suppression Systems
- Portable Fire Extinguishers




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## First Aid Supplies

- Designated First Aid Kit
- Certified and signed off by a physician
- Inspected monthly to ensure all necessary supplies are present in the event of an emergency
- Replacement of supplies from the kit




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## Storage and Lifting

- **Dry goods and cold storage**
- # 10 can – 7 pounds Case = 45 pounds
- # 5 can – 4 pounds
- Shortening = 40 pounds per case
- French fries = 35-40 pounds per case
- Lettuce = 35-45 pounds per case
- Potatoes = 50 pounds per case
- Onions = 50 pounds per bag
- Pasta = 20 pounds per case
- Soda Syrup 5 gallon per box




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## Ergonomic Principles

Try to keep tasks in the comfort zone of the employee

**Comfort Zone**

(FIG. 8)

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## Any Thing Wrong with This ?

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- **Rearrange** work spaces so it is easier to reach for supplies used routinely and to prevent over-reaching and awkward back, shoulder, and wrist postures

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## Sink Compartment

Deep sink compartment can be easily elevated

Flip over a plastic or insert pan

This prevents un-necessary bending over

Helps bring the task performed into the comfort zone of the employee



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### Ergonomic Sink Design

This sink uses a control at the knees to operate the water flow



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Sinks with smaller depth are easier for workers to use

Better Ergonomic Design

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•Bring the load as close to you as possible before lifting

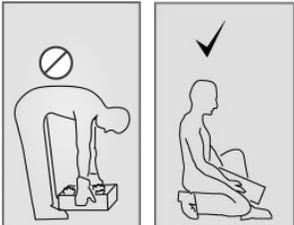
•Avoid reaching across something to lift a load  
•This moves the load away from the body and increases your chance of injury.

•Lift with your legs, not your back

•Keep your head up, your back straight, and bend at your hips

•Keep the load directly in front of your body. Avoid reaching to the side and lifting while twisting

**Lifting Essentials**




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**Safer Storage Guidelines**

- **Stack** heavier items on lower shelves.
- **Store** lighter goods on the top shelves.
- **Stack** items used most frequently at a convenient waist level.
- **Get** help lifting heavy items.
- **Use** a stool or ladder to access items on shelves. Do not stand on chairs or boxes that might tip over.




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**Gravity Fed Storage Systems**




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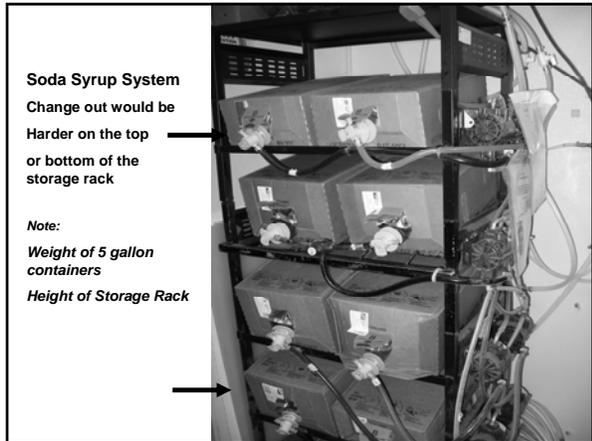
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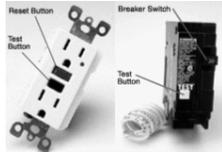
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## Electrical Safety

- All electrical outlets near kitchen operations should have (GFCI) Ground Fault Circuit Interrupter Protection
- Electrical panels should have a clearance in all directions of at least 36 inches in all directions



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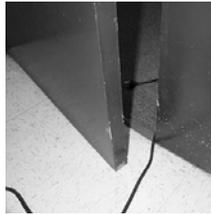
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Can you spot the Hazard??



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Does this electrical outlet have GFCI Protection ??



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## Possible New Ideas

- Develop a checklist for your Restaurants
- Safety Inspections
- Emergency Equipment
- Electrical Boxes
- Kitchen Equipment
- Storage Areas
- Prep Areas



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**Slips / Trips / Falls**  
  
Food Service Safety

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**Applicable OSHA Standards**

1. Keep all places of employment clean and orderly and in a sanitary condition. 29 CFR 1910.22(a)(1)
2. Keep floors clean and dry. Where wet processes are used, maintain drainage and provide false floors, platforms, mats or other dry standing places where practicable. 29 CFR 1910.22(a)(2)

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**Applicable OSHA Standards**

3. Keep aisles and passageways clear and in good repair with no obstruction across or in aisles that could create a hazard. 29 CFR 1910.22(b)(1)
4. Keep exits free from obstruction. Access to exits must remain clear of obstructions at all times. 29 CFR 1910.37(a)(3)
5. Provide warning signs for wet floor areas. 29 CFR 1910.145(c)(2)

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Potential Hazards in  
Serving Area

- Ice maker
- Busy, congested areas
- Slippery or uneven floor surfaces
- Blind corners or stairs
- Single door entry to and from kitchen

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Possible Solutions in  
Serving Area

- Wipe up or pick up any ice, spills or any other items from floors as soon as possible.
- Carry items only at a height that you can safely see over.
- Wear non-slip shoes.

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Safe Work Practices in  
Serving Area

- Keep passageways and walkways....
- Add additional supply stations....
- Provide adequate lighting....
- Provide non-slip matting....
- Alert workers to step-ups and step-downs...
- Provide mirrors....
- Provide windows in swing doors....

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Potential Hazards in  
Clean-Up Area

- Carrying trays or bins
- Washing dishes
- Mopping floors
- Emptying trash
- Cleaning
- Spraying down parking lot

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Possible Solutions in  
Clean-Up Area

- Keep passageways and walkways free of clutter and crowding.
- Be sure that rugs and mats are in place.
- Only “spot mop” during busy times.
- Do not overfill bussing containers.

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Safe Work Practices in  
Clean-Up Area

- Provide non-slip matting....
- Implement a non-slip footwear policy....
- Provide non-slip overshoe covers....
- Encourage workers to report and clean-up spills....

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Potential Hazards in  
Cooking Area

- Oil
- Water
- Food
- Hot surfaces
- Hot liquids

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Possible Solutions in  
Cooking Area

- Wipe up or pick up any ice, spills or any other items from floors as soon as possible.
- Do not run.
- Do not store cooking oil on the floor.
- Wear non-slip shoes.

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Safe Work Practices in  
Cooking Area

- Use non-slip matting....
- Use non-skid waxes and surfaces coated with grit....

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**Potential Hazards in  
Food Preparation Area**

- Food
- Liquids
- Drain covers

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**Possible Solutions in  
Food Preparation Area**

- Wipe up or pick up any ice, spills or any other items from floors as soon as possible.
- Wear non-slip shoes.

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**Safe Work Practices in  
Food Preparation Area**

- Identify and correct possible slip hazards....
- Provide non-slip mats....
- Provide adequate drainage....
- Repair uneven floor surfaces....
- Replace loose drain covers....
- Keep grates / drains free from debris....

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**Potential Hazards in  
Delivery & Storage Area**

- Delivery
- Storage
  - Dry
  - Frozen
- Parking lot

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**Possible Solutions in  
Delivery & Storage Area**

- Be aware of outside weather conditions.
- Keep all walking surfaces free of ice and snow.
- Use non-skid waxes and surfaces coated with grit.
- Do not block aisles or hallways with delivered items.
- Use proper lifting techniques.
- Wear non-slip shoes.

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**Safe Work Practices in  
Delivery & Storage Area**

- Provide adequate lighting....
- Provide floor or ceiling plugs....
- Relay or stretch carpets that bulge....

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Potential Hazards in  
General Area

- Wet floors
- Spills
- Clutter

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Possible Solutions in  
General Area

Note: Employers have the primary responsibility for protecting the safety and health of their workers. (See Applicable OSHA Standards)

Employees are responsible for following the safe work practices of their employers.

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Safe Work Practices in  
General Area

- DO provide adequate lighting.
- DO repair any uneven floor surfaces.
- DO use no-skid waxes and surfaces coated with grit. Or use non-slip mats.
- DO make aisles and passageways sufficiently wide.
- DO promote use of non-slip footwear.

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**Chemicals**  
Food Service Safety

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**Applicable OSHA Standards**

1. Provide appropriate personal protective equipment for employees who handle dangerous chemicals. 29 CFR 1910.132
2. Provide suitable facilities for quick drenching or flushing of eyes and bodies if exposure to injurious corrosive material. 29 CFR 1910.151(c)

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**Applicable OSHA Standards**

3. If hazardous chemicals are used, implement a written program that provides for worker training, warnings labels and access to Material Safety Data Sheets (MSDSs). 29 CFR 1910.1200

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### Potential Hazardous Chemical

- Soaps and detergents
- Drain cleaners, oven cleaners and grill cleaners
- Ammonia
- Latex gloves

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### Ask Yourself

- Do I know exactly what chemicals are in the products I use?
- Are all containers properly labeled?
- Am I given gloves and other protective clothing if I handle chemicals?
- Am I trained to use potentially hazardous products in a safe way?

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### Ask Yourself

- Is my employer prepared to inform me fully about the contents and possible hazards of any product I use?
- Am I told not to mix chemicals; especially bleach and ammonia or products containing ammonia?

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### Worker Responsibilities

- Read the product label
- Use the least toxic cleaning products
- Use any PPE provided
- Be sure that you are properly trained in the need for and use of PPE
- Use appropriate PPE for hands
- After removing gloves, wash and dry hands

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### Worker Responsibilities

- Ask your employer about possible toxic effects of the chemicals you are required to use.
- DO NOT MIX chlorine and ammonia products together!

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### Safe Work Practices When Working With Chemicals

- Use cleaning chemicals that are not considered hazardous.
- Consider automating the dispensing of cleaning chemicals.
- Limit employee contact with dishwashing detergents by providing dishwashing machines with automated detergent dispensers.

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## Safe Work Practices When Working With Chemicals

- Ensure that chemicals that are not compatible with each other are not stored together.
- Always label cleaning bottles and containers.
- Store pesticides in their original labeled container.
- Avoid storing liquid chemicals on top shelves.

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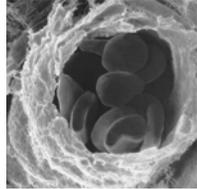
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# INFECTION CONTROL

- ODH Relevance
- Bloodborne Pathogens
- Cross Contamination Prevention
- First Aid



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## Ohio Department of Health

- ORC 3717-1-02.1 Management & Personnel:  
Employee Health
- 3717-1-02.1 (A) Disease or Medical Condition –  
Responsibility of the person in charge to *require*  
reporting by food employees and applicants.

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## ODH 3717-1-02.1

- License holder's responsibility to adhere to rule
- Food employee applicants (conditional offer of  
employment) & existing employees
- Employee reports to the person in charge
- Health information about diseases that are  
transmissible through food
- Including the date of onset of jaundice or of an  
illness specified under paragraph (A)(3) of this  
rule

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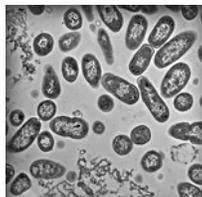
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Illness specified under paragraph  
ODH 3717-1-02.1(A)(3)

- Salmonella spp.,
- Shigella spp.,
- Shiga toxin-producing Escherichia coli
- Hepatitis A virus
- Entamoeba histolytica



Salmonella spp.,

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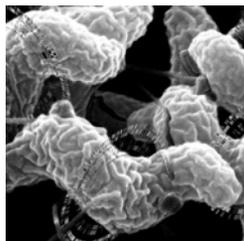
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Illness specified under paragraph  
ODH 3717-1-02.1(A)(3)

- Campylobacter spp.
- Vibrio cholerae
- Cryptosporidium
- Cyclospora
- Giardia
- Yersinia



Campylobacter

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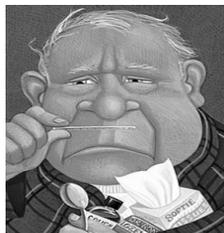
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Illness specified under paragraph  
ODH 3717-1-02.1(A)(3)

Has a symptom caused by illness, infection, or other source that is:

- (a) Associated with an acute Gastrointestinal illness such as:
- i. Diarrhea,
  - ii. Fever,
  - iii. Vomiting,
  - iv. Jaundice, or
  - v. Sore throat with fever or,



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**Illness specified under paragraph  
ODH 3717-1-02.1(A)(3)**

Has a symptom caused by illness, infection, or other source that is:

- (b) Open or draining lesion, boil or open wound containing pus
  - i. On hands or wrists \*
  - ii. On exposed portions of the arms \*
  - iii. On other parts of the body \*\*



\* unless an impermeable cover (finger cot or stall) protects the lesion and a single use glove is worn over the impermeable cover.

\*\* covered by a dry tight-fitting bandage

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**ODH 3717-1-02.1(A)(3)**

(A)(3) Had a past illness

- S. Typhi within the last 3 months
- Shigella spp. Within the last month
- Shiga toxin-producing Escherichia coli, within the past month
- Hepatitis A Virus

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**ODH 3717-1-02.1(A)(4)**

(A)(4) Meets one or more of the following high risk conditions:

- (i) Prepared food implicated in outbreak
- (ii) Consumed food from outbreak
- (iii) Consumed food prepared by infected/ill person or who is suspected of being a shedder of the infectious agent.

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### ODH 3717-1-02.1

- (B) Disease or medical condition – exclusions and restrictions
- (C) Removal of Exclusions and Restrictions
- (D) Responsibility of a food employee or an applicant to report to the person in charge
- (E) Reporting by the person in charge



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### BLOODBORNE PATHOGENS

- Pathologic organisms present in human blood that can cause disease in humans
  - Hepatitis A
  - Hepatitis B
  - Hepatitis C
  - HIV
  - Malaria
  - HIV-2

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### BLOODBORNE PATHOGENS

Mode of Transmission

- Unsafe sexual practices
- Sharing of needles
- Skin Punctures or contact with non-intact skin
- Exposure to eyes, mouth or nose
- Mother to Infant
- Blood transfusion

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## BLOODBORNE PATHOGENS Hepatitis A Virus

- Not bloodborne, if found in feces of infected person.
- Found in food service industries, food establishments, daycare centers & in raw seafood
- Vaccine is not required by OSHA

### Transmission of Virus

- Bad personal hygiene
- Improper hand washing
- Not cooking food properly
- Unsanitary conditions

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## Managers: Lead By Example

- Teach good personal hygiene
- Behaviors that contaminate food
- Reporting illnesses
- Wear proper attire
- Hand sanitizers
- Proper hand washing & when to wash

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## Cross Contamination

- The design of the establishment. Make sure that the "food flows" in a manner that helps to prevent cross contamination
- Proper food storage
- Proper Cleaning and Sanitizing
- Proper Storage and Labeling of Chemicals



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**FIRST AID**

**OSHA 1910.151 Medical Services & First Aid**

- EMS response time > 3-4 minutes
- Time starts from injury to time of administering aid
- A person(s) shall be adequately trained to render first aid
- Adequate first aid supplies shall be readily available

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**FIRST AID**

**First Aid Supplies (Non Mandatory)  
Appendix A to 1910.151**

- OSHA does not specify first-aid kit contents
- American National Standard Institute (ANSI) Z308.1 – 1998 “Minimum Requirements for Workplace First – Aid Kits”

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Minnesota Department of Labor and Industry  
 Occupational Safety and Health Division  
 443 Lafayette Road North  
 St. Paul, MN 55155  
 (651) 284-5050  
 Toll-free: 1-877-470-OSHA  
 OSHA.Compliance@state.mn.us

## Fact Sheet

### Contents of a first-aid kit

Workplaces vary widely in their degree of hazard, location, size, amount of staff training and availability of professional medical service. Because of these significant variables, OSHA standards (1910.151 and 1926.50) do not require specific first-aid kit contents. However, since some employers may find it useful to refer to a list of basic first-aid supplies, federal OSHA provided a reference to this type of information by adding nonmandatory Appendix A to the standard. Appendix A references ANSI Z308.1-2003, *Minimum requirements for workplace first aid kits*. First-aid kits in compliance with this standard will provide a basic range of products to deal with most types of injuries encountered in the workplace. The assortment of required items was developed based on treatment for the following potential injuries: major wounds, minor wounds (cuts and abrasions), minor burns and eye injuries. ANSI Z308.1-2003 includes the following recommended basic contents of a first aid kit.

<b>ANSI Z308.1-1998 – <i>Minimum requirements for workplace first aid kits</i></b>	
<b>Basic kit – minimum contents</b>	
<b>Item</b>	<b>Minimum quantity</b>
Absorbent compress, 32 sq. in. (81.3 sq. cm.) with no side smaller than 4 in. (10 cm)	1
Adhesive bandages, 1 in. x 3 in. (2.5 cm x 7.5 cm)	16
Adhesive tape, 5 yd. (457.2 cm) total	1
Antiseptic, 0.5g (0.14 fl oz.) applications	10
Burn treatment, 0.5 g (0.14 fl. oz.) applications	6
Medical exam gloves	2 pair
Sterile pads, 3 in. x 3 in. (7.5 x 7.5 cm)	4
Triangular bandage, 40 in. x 40 in. x 56 in. (101 cm x 101 cm x 142 cm)	1

(continued on next page.)

*This material can be provided in different formats (Braille, large print or audiotape) by calling the MNOSHA Training/Outreach Office at (651) 284-5050; toll-free at 1-877-470-OSHA (1-877-470-6742); or via TTY at (651) 297-4198*

### Optional contents

Optional items and sizes should be added to the basic contents listed above to augment a first-aid kit, based on the specific hazards existing in a particular work environment. Optional items addressed in ANSI Z308.1-2003 (listed below) must meet the minimum requirements of Section 5.3 of that standard. Items not addressed by the ANSI standard must comply with standards or regulations, where applicable, established by the U.S. Food and Drug Administration (FDA), the current edition of the U.S. Pharmacopoeia/National Formulary (USP/NF) or other standards-writing body.

Bandage compress – 2 in. x 2 in. 3 in. x 3 in. 4 in. x 4 in.	4 2 1
Eye covering with means of attachment	1
Eye wash – 1 fl. oz. (30 ml)	1
Cold pack – 4 in. x 5 in	1
Roller bandage: 2 in. (5 cm) 4 in. (10 cm)	2 1

Note: A CPR barrier is also recommended, but not required.

FORM  
1-A

## Applicant and Food Employee Interview

Preventing Transmission of Diseases through Food by Infected Food  
Employees with Emphasis on illness due to **Salmonella Typhi**, **Shigella** spp.,  
Shiga toxin-producing **Escherichia coli**, and Hepatitis A Virus

*The purpose of this form is to ensure that Applicants to whom a conditional offer of employment has been made and Food Employees advise the Person in Charge of past and current conditions described so that the Person in Charge can take appropriate steps to preclude the transmission of foodborne illness.*

Applicant or Employee name (print) \_\_\_\_\_

Address \_\_\_\_\_

Telephone Daytime: \_\_\_\_\_ Evening: \_\_\_\_\_

### TODAY:

Are you suffering from any of the following:

1. Symptoms

Diarrhea?

YES/NO

Fever?

YES/NO

Vomiting?

YES/NO

Jaundice?

YES/NO

Sore throat with fever?

YES/NO

2. Lesions containing pus on the hand, wrist or an exposed body part?

(such as boils and infected wounds, however small)

YES/NO

### PAST:

Have you ever been diagnosed as being ill with typhoid fever (*Salmonella Typhi*), shigellosis (*Shigella* spp.), Shiga toxin-producing *Escherichia coli* infection (*E. coli* O157:H7), or hepatitis A (hepatitis A virus)?

YES/NO

If you have, what was the date of the diagnosis? \_\_\_\_\_

### HIGH-RISK CONDITIONS

1. Have you been exposed to or suspected of causing a confirmed outbreak of typhoid fever, shigellosis, Shiga toxin-producing *Escherichia coli* infection, or hepatitis A? YES/NO

2. Do you live in the same household as a person diagnosed with typhoid fever, shigellosis, hepatitis A, or illness due to Shiga toxin-producing *Escherichia coli*? YES/NO

3. Do you have a household member attending or working in a setting where there is a confirmed outbreak of typhoid fever, shigellosis, Shiga toxin-producing *Escherichia coli* infection, or hepatitis A? YES/NO

Name, Address, and Telephone Number of your Doctor:

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone - Daytime \_\_\_\_\_ Evening \_\_\_\_\_

Signature of Applicant or Food Employee \_\_\_\_\_ Date \_\_\_\_\_

Signature of Permit Holder's Representative \_\_\_\_\_ Date \_\_\_\_\_

- 2. Lesions containing pus on the hand, wrist or an exposed body part?

(such as boils and infected wounds however small)

YES/NO

PAST:

Have you ever been diagnosed as being ill with typhoid fever (*Salmonella Typhi*), shigellosis (*Shigella* spp.), Shiga toxin-producing *Escherichia coli* infection (*E. coli* O157:H7), or hepatitis A (hepatitis A virus)?

YES/NO

If you have, what was the date of the diagnosis? \_\_\_\_\_

HIGH-RISK CONDITIONS

1. Have you been exposed to or suspected of causing a confirmed outbreak of typhoid fever, shigellosis, Shiga toxin-producing *Escherichia coli* infection, or hepatitis A?

YES/NO

2. Do you live in the same household as a person diagnosed with typhoid fever, shigellosis, hepatitis A, or illness due to Shiga toxin-producing *Escherichia coli*?

YES/NO

3. Do you have a household member attending or working in a setting where there is a confirmed outbreak of typhoid fever, shigellosis, Shiga toxin-producing *Escherichia coli* infection, or hepatitis A?

YES/NO

Name, Address, and Telephone Number of your Doctor:

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Daytime: \_\_\_\_\_

Evening: \_\_\_\_\_

Signature of Applicant or Food Employee \_\_\_\_\_

Date \_\_\_\_\_

Signature of Permit Holder's Representative \_\_\_\_\_

Date \_\_\_\_\_

# REFRIGERATION SAFETY!

SEPARATE don't cross-contaminate  
Stack foods in the right order!



## Keep foods safe

- \* Refrigerate promptly
- \* Never let food sit at room temperature
- \* Cover and date mark (discard after 7 days)
- \* Hold at 41°F or below
- \* Check frequently
- \* Stack to prevent cross-contamination
- \* Store food 6 inches off of floor

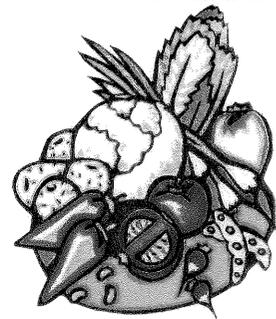
Clark County  
Combined  
Health District

(937) 390-5600

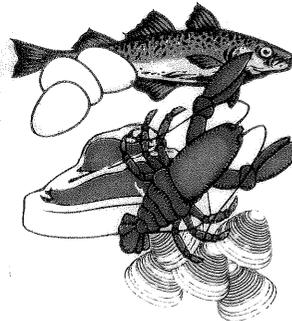


FOOD SAFETY PROGRAM

Information Provided by  
Columbus Health Department



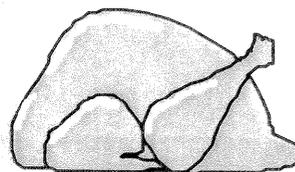
Level 1  
Ready-to-eat-foods  
Pre-cooked foods  
ABOVE



Level 2  
Eggs  
Fish  
Whole Beef  
Whole Pork  
Whole Lamb  
ABOVE



Level 3  
Ground Meats  
ABOVE



Level 4  
Poultry  
BOTTOM

# NO BARE HAND CONTACT!

Do NOT touch foods that are ready to eat with bare hands!



Hands spread germs!



## Use:

- Gloves
- Tongs
- Deli Tissue
- Other Utensils



FOOD SAFETY PROGRAM

Clark County  
Combined  
Health District

DATE 3/1/08

(937) 390-5600

**Safety & Health Program**

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**What Kind of Safety Programs Do You Use?**

- Employee Meetings
- Crew Leader Accountability
- Employee Safety Incentives
  - Safety Posters

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**Visible, Active Senior Management Leadership**

- authorizing the necessary resources
- discussing safety processes and improvements
- holding management accountable for accident prevention activities and processes
- annually assessing the success of the safety process
- encouraging employee involvement.

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## **Employee Involvement & Recognition**

- Safety teams
- Conduct accident investigations w/employees
- Conduct safety and health audits w/employees
- Establish program to recognize employees
- Positive safe behavior reinforcement

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## **Medical Treatment & Return-to-Work Practices**

- Procedure for getting medical assistance to injured workers
- Contact with lost time injured workers
- Return to Work/Transitional Work policy
- Cost savings on WC premiums
- Good will toward employees

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## **Communication**

- Written and/or verbal feedback to all employees
- Upward and downward communication systems
- Bottom-up communication a must
- Employees share ideas and concerns
- Input in problem-solving
- Use appropriate languages
- Open, honest and trusting communication
- Tools for Communication (memos, posters, signs)

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### **Timely Notification of Claims**

- Internal reporting
- External reporting
- Benefits of early reporting

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### **Employee Orientation**

- How is orientation material reviewed?
- Who is involved?
- How much time is spent on safety?
- What type of follow up is done after orientation is completed?
- What safety topics are covered in orientation?

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### **Employee Orientation**

- Topics to be covered:
  - PPE
  - Haz Com
  - Heat/Cold Stress
  - Material Handling
  - Housekeeping
  - Equipment Operation & Safety
  - Food Safety

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## Written Safety Programs

- OSHA Requirements
- Drug Free Workplace Place
- Employee Handbook
- Safety Manual
- Workplace Violence Procedure
  
- Contact your BWC Office to schedule a Safety Consultant visit for assistance.

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## Restaurant Safety Web Sites

[www.osha.gov](http://www.osha.gov)

In addition to all applicable OSHA Standards, if you select the letter “R” under the site index there is a good amount of information under “Restaurant Safety for Teen Workers” that is applicable to everyone who works in the restaurant or food service industry.

[www.odh.state.oh.us](http://www.odh.state.oh.us)

The Ohio Department of Health site that offers a variety of information related to health and safety. If you type in “restaurant safety” under their search function you will get alerts and advisories, news releases, food recall information, etc.

[www.ohiorestaurant.org](http://www.ohiorestaurant.org)

Primarily a business related site but if you click on the “Trade” tab at the top it will give you access to a variety of information and materials that are available both to members and non-members.

[www.restaurant.org](http://www.restaurant.org)

The National Restaurant Association web site is primarily a trade oriented site but it does have sections on health and safety and food safety and nutrition.

[www.foodsafety.gov](http://www.foodsafety.gov)

Information and links to a variety of food related sources. Includes Frequently Asked Questions (FAQ), news and safety alerts, a searchable index, national food safety programs, links to education and training, etc.

[www.sdcounty.ca.gov/deh/fhd/pdf/fhbooklet.pdf](http://www.sdcounty.ca.gov/deh/fhd/pdf/fhbooklet.pdf)

Links to a manual titled, “The Health of the Public is in Your Hands: A Guide for Food Service Workers, San Diego (CA) County.

[www.thezenith.com/zenith\\_content/formlib/glo\\_saf\\_checklist\\_restaurant\\_safety.pdf](http://www.thezenith.com/zenith_content/formlib/glo_saf_checklist_restaurant_safety.pdf)

Takes you to a Restaurant Safety Checklist developed by the Zenith Insurance Company. Their main web site also links to a lot of industry specific safety information.

[www.farmers.com/FarmComm/WebSite/html/common/index.html](http://www.farmers.com/FarmComm/WebSite/html/common/index.html)

At their web site click on: Use Tools & Calculators; under Farmers Checklists click on: Restaurant Loss Prevention and that takes you to a Restaurant Self-Inspection Checklist.

[www.ccohs.ca/](http://www.ccohs.ca/)

Canada's National Centre for Occupational Health & Safety web site. Click on Products and Services; click on publications; click on Food Service Workers Safety Guide. The guides are \$10.00 each but are very informative and concise. A sample of the guide is included in this Tab. The site contains general safety information for other topics as well.

[www.doh.wa.gov/](http://www.doh.wa.gov/)

Washington State Department of Health. On the left side click on Topics A-Z; click on the letter "F"; click on Food Safety; under education click on Publications. Gives access to many food safety related publications.

[www.croetweb.com/links.cfm?topicID=34](http://www.croetweb.com/links.cfm?topicID=34)

Oregon Health & Science University's Center for Research on Occupational and Environmental Toxicology's web site. Information, manuals, and brochures on all aspects of the food service and beverage industry.

<http://www2.worksafebc.com/Topics/YoungWorker/RestaurantAndHospitality.asp>

Primarily geared to young workers but excellent restaurant and hospitality industry safety tips covering cuts and burns, falls, heat stress, sprains and strains, and other information.

[www.caw.ca/whatwedo/health&safety/pdf/manual.pdf](http://www.caw.ca/whatwedo/health&safety/pdf/manual.pdf)

A Canadian Health and Safety Manual for Hospitality Workers.

[www.hse.gov.uk/catering/index.htm](http://www.hse.gov.uk/catering/index.htm)

Health and Safety Executive web site from Great Britain with useful safety information for the hospitality and catering industries.

[www.mhrwct.com/files/mhrwct-safety-manual.pdf](http://www.mhrwct.com/files/mhrwct-safety-manual.pdf)

The Mississippi Hospitality & Restaurant Workers' Comp Trust Restaurant and Kitchen Safety Manual.

[www.nsbdcbeep.org/restsafety/Docindex.html](http://www.nsbdcbeep.org/restsafety/Docindex.html)

A guide to Occupational Safety and Health standards for the Restaurant Industry. Included supporting PowerPoint presentations.

[www.ohiobwc.com](http://www.ohiobwc.com)

Links to a variety of safety training materials including PowerPoint presentations, videos/DVDs, and other resources.



## **Videos and DVDs Available from BWC**

### **HOTEL SAFETY: A REALITY CHECK-IN**

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Illustrates health and safety issues for hotel workers, including bloodborne pathogens, hazard communication, fire safety and back safety. Gives specific precautions for housekeeping, security, kitchen and maintenance staffs.

Accompanying guide available.  
1996, 29 minutes, No. 690136

### **KITCHEN CARE**

---

Demonstrates safety procedures for food service workers in two segments: 1) food handling, especially food poisoning prevention techniques, and 2) safe work practices in the kitchen, especially for electricity, lifting, fire, and heat.

Also available in Spanish (no. 690028).  
Accompanying guide available.  
1998, 23 minutes, No. 690114

### **WORKPLACE SAFETY: PREVENTING LIFTING AND CARRYING INJURIES**

---

Presents an animated, virtual-reality tour of a restaurant, focused on preventing injury while lifting and carrying boxes and trays of food.

Spanish-language version follows the English.

Closed captioned in English.  
2000, 12 minutes, No. 690130

### **WORKPLACE SAFETY: ROBBERY PREVENTION AND AWARENESS**

---

Presents an animated, virtual-reality tour of a restaurant, focused on security procedures that help prevent robberies and workplace violence.

Spanish-language version follows the English.

Closed captioned in English.  
2000, 12 minutes, No. 690131

## **Heat Hazards**

---

Identifies specific heat-related hazards and examines a range of engineering and administrative controls as well as individual behaviors that can reduce the risk of heat-related illnesses and injuries. Accompanying guide available.

2006, 17 minutes, No. 430098

## **Heat Stress: Don't Lose Your Cool**

---

Explains the risk factors for heat stress, symptoms and types of heat disorders and control measures. Includes Spanish and Portuguese versions. Includes resource material. Accompanying guide available. Closed captioned.

2005, 14 minutes, No. 430091

## **FIRST AID**

---

Explains role of first-aid providers in workplace. Demonstrates steps to take and how to provide aid.

Accompanying guide available.

1998, 18 minutes, No. 630079

## **FIRST AID: HANDS AND FINGERS**

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Shows recommended practices for providing first aid for hand and finger injuries. Covers cuts, burns and amputations.

Accompanying guide available.

1995, 9 minutes, No. 630047

## **H.I.D.E. & S.E.E.K.!: EIGHT STRATEGIES TO PREVENT THE SPREAD OF INFECTION**

---

Introduces eight strategies everyone can use every day to prevent transmission of disease-causing bacteria and viruses. Includes hand-washing, food safety at home and teaching children good hygiene habits.

1997, 27 minutes, No. 630078

## **HAND HYGIENE: FOR HANDS THAT CARE**

---

Stresses the importance of proper hand hygiene in health-care facilities. Describes the CDC hand hygiene guidelines and demonstrates effective procedures. Accompanying guide available. Closed captioned. DVD also available (No. 430106).

2003, 17 minutes, No. 630106

## **CHEMICAL HANDLING SAFETY: THE BASICS**

---

Introduces basic principles of chemical safety, including hazard identification, storage and handling, PPE and emergency procedures. Accompanying guide available.

Closed captioned.

2003, 17 minutes, No. 690060

## **ESSENTIAL ELEMENTS OF HAND SAFETY**

---

Provides information on hand safety, including anatomy, common hazards, control measures, and PPE. Includes examples of hand injuries.

1996, 13 minutes, No. 620249

## **PRO-ACTIVE SAFETY COMMITTEE: A TEAM FOR SUCCESS**

---

Describes purpose, organization, and operation of successful safety committees, including issues of structure, membership, and management support.

Accompanying guide available.

1995, 13 minutes, No. 660062



The following is a sample of the Canadian Food Service Safety Guide that can be ordered for \$10.00 at: [www.ccohs.ca/](http://www.ccohs.ca/)



*5th Edition*



# Food Service Workers Safety Guide



Prepared by the Canadian Centre for  
Occupational Health and Safety

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# Summary

Food preparation and service involves many safety and health hazards. Important ones are listed in the table below.

<b>Injury/Illness</b>	<b>Source</b>
<b>Cuts and amputations</b>	Use of knives, cutters, slicers, choppers and grinders
<b>Burns and scalds</b>	Contact with open flames, hot oils, steam, ovens, appliances, utensils
<b>Electric shock, electrocution</b>	Kitchen appliances Cleaning equipment
<b>Slips and falls</b>	Slippery and cluttered floors Inadequate lighting
<b>Soreness and loss of function of wrists and arms</b>	Repeated awkward movements or vibration Working in one position for a long time
<b>Back pain</b>	Heavy lifting involving awkward postures and difficult loads
<b>Itching, swelling, redness of skin</b>	Temperature extremes; physical abrasion; exposure to detergents, cleaning solutions, food additives, some plant materials, pesticides on fruits and vegetables
<b>Coughing, wheezing, shortness of breath</b>	Exposure to flour, grain dust, spices, additives

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**This guide presents ways of working safely to prevent injuries and illnesses.**

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# 1. Safety Inspections

## *Purpose*

Occupational health and safety legislation requires regular workplace inspections. The purpose of an inspection or safety tour is to identify unsafe conditions and practices, and to recommend corrective actions.

## *Inspection Team*

Inspections may be carried out by a designated worker or by a team with a mix of personnel such as employees, supervisors and managers. Generally, the legislation sets out procedures for designating a person or persons to carry out workplace inspections.

If you are carrying out an inspection, you must use required personal protective equipment for your own safety and to set a good example.

## *Roles and Responsibilities*

Inspections are undertaken in accordance with a schedule agreed on by the Joint Health and Safety Committee (JHSC) and your employer. The inspection teams generally use a checklist as a guide for conducting inspections.

## *Inspection Reports*

Inspection reports are communicated to all levels of the organization. Posting inspection reports on the bulletin board, reviewing them at joint health and safety committee meetings, and sending a copy to management for review are all good communication methods.

## *Follow Up*

Follow up to ensure corrective action is taken.

---

# 1. Cutting, Chopping and Mixing

- Knives
- Cutting, Slicing and Mixing Equipment
- Slicers and Dicers
- Band Saws

## *Safe Use of Knives*

Risks of Injury when using knives

- cuts
- amputation



USE the right knife for the job.

ALWAYS use a proper chopping board or block.

MAKE SURE the knife is sharp.

CARRY one knife at a time, tip pointed down at your side.

STORE knives securely in proper racks in a visible place.

HOLD the knife with the stronger hand.

CUT away from your body when cutting, trimming or boning.

USE protective clothing such as mesh gloves.

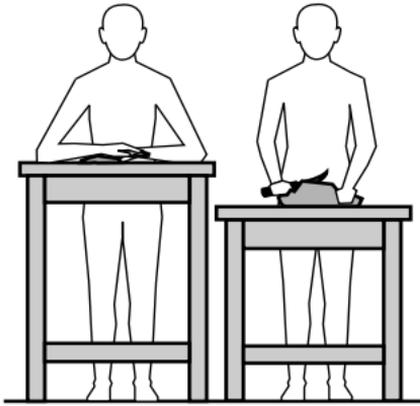


**Mesh gloves provide protection while cutting**

## 4. Working in a Standing Position

Different tasks require different work surface heights to prevent MSI:

- precision work, such as cleaning or sorting—5 cm above elbow height with elbow support.
- light work, such as peeling and cutting vegetables—about 5-10 cm below elbow height.
- heavy work, demanding downward forces, such as cutting or slicing meat – about 20-40 cm below elbow height.

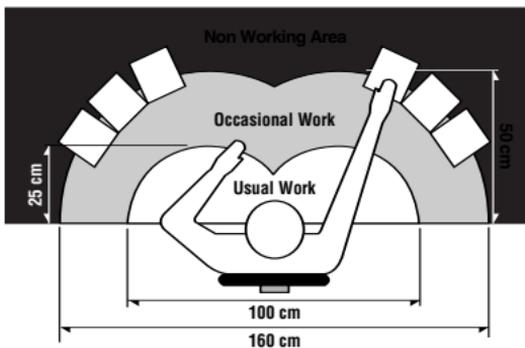


**Adjustable work surfaces**



**ADJUST** the height of the work surface according to your height. Use elbow height as the guide.

**ORGANIZE** your work so that usual operations are within easy reach.



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# 1. Ventilation

Health and Safety Concerns:

- carbon monoxide toxicity
- unpleasant odours
- headaches, drowsiness, annoyance and stress
- eye irritation
- fires (flammable gases and vapours)



**REPORT** to your supervisor any occurrence of nuisance odours, dusts, gases, vapours, fumes and smoke. These symptoms indicate that something is wrong with the ventilation system.

**MAKE SURE** that the local exhaust system efficiently removes contaminated air, odours, fumes, smoke, steam and vapours of cooking oils and greases from cooking areas.

**MAKE SURE** that the filter systems are changed and maintained on a regular basis.

**ENSURE** that the ventilation system conforms with the National Building Code and the local Fire and Public Health Regulations.

**MAKE SURE** that whenever there are significant renovations or changes in the workplace design or work activities, any needed changes are made in the ventilation to maintain the required level of effectiveness.



**DO NOT** block air filter units.

**DO NOT** remove air filter units when the system is operating.

**DO NOT** block ventilation ducts.

<b>Safe Food Handling</b>	<b>Accept.</b>	<b>Non-Accept.</b>	
<b>Refrigerator and Freezer</b>			
open tin cans not used for food storage			
leftovers stored in covered containers			
raw foods not stored on top of cooked foods			
ground grown vegetables kept on bottom shelf			
appropriate temperature			
<b>Cupboards</b>			
no open bags of food			
no cleaning products stored next to foods			
proper quantities of food in storage			
<b>Waste Disposal</b>			
tightly fitted lids on garbage cans			
no overflow of garbage from garbage cans			
<b>Cleaning Gear</b>			
neatly stored			
sufficient quantities of cleaning products available			
all cleaning products stored with lids			
clean wiping cloths			