

# Maintaining a Burn Free Zone

If your workforce operates in a kitchen or is involved in welding, this safety webinar is for you. Occupational burns are a serious hazard for restaurant workers and welders. We'll review common burn hazards in both scenarios and best practices to prevent burns. Watch our all-new safety training webinar and get your roadmap to a burn-free zone.

In this webinar, you'll learn

- Common restaurant burn hazards
- Common welding burn hazards
- Burn prevention safety tips
- Staff training essentials

## Download these helpful resources for maintaining a burn free zone

### Maintaining a Burn Free Zone Presentation



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### Burn Safety Race to the Top Challenge



## BURN SAFETY RACE TO THE TOP

Starting at the bottom, check each flame as you complete the item. When you've reached the top and all are checked, send to [myeck@icwgroup.com](mailto:myeck@icwgroup.com) to enter for your winner's certificate! Deadline 07/31/22 - winners announced 08/4/22.

- 4 We've scheduled regular audits to monitor progress. Everyone's onboard! 
- 3 We've provided training on our SOP, Personal Protection Equipment, and work qualifications. 
- 2 We've documented our Standard Operating Procedure (SOP) to mitigate burn risks. 
- 1 We've completed our Job Hazard Analysis to identify burn risks in our workplace. 

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## Restaurant Burn Safety



## RESTAURANT Burn Safety

**KNOW WHERE THE EXTINGUISHER IS**  
Label location clearly and keep it within reach. Learn how and when to use it.



**FRYER? TAKE CARE!**  
Fryers are the #1 cause of burns and fires. Use extra caution to stay safe.

**NEVER THROW WATER ON GREASE FIRES!**  
If a fire flares up - put a lid on it! Or use extinguisher.

**USE POTHOLDERS**  
Don't go for the towel.

**LIFT LIDS CAREFULLY**  
Let the steam escape.

**STAND BY YOUR PAN**  
Don't leave cooking unattended.



**GET HELP MOVING HEAVY POTS**  
Liquid contents can shift, splash and burn you.

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## Welding Safety Tips



# WELDING Safety Tips

WHEN SPARKS FLY, EXERCISE CARE AND CAUTION.  
SO WE ALL GO HOME SAFE!

- Look around** Make sure there's no clutter in your workspace. This includes work surface, floor and unnecessary equipment in surrounding area.
- Use proper PPE** Wear Personal Protection Equipment, including safety coverings, gloves, footwear. Don't wear polyester, nylon or tattered clothing, ever!
- Expect heat** Assume all metal in the welding environment is **HOT** and act accordingly. Make sure all others around you are aware and safe, too!
- Get training** From operating to maintaining the tools, be sure you know the correct use and storage of the equipment you're using. Read the manuals!
- Be ready** Always have a fire extinguisher within reach so you're prepared if something goes wrong. Also, know the location of the fire alarm.

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## Think Before You Act

**THINK BEFORE YOU ACT  
BE SAFE!**

- B** Can **BURNS** be avoided?
- E** Is my **ENVIRONMENT** uncluttered?
- S** Did I get my **SAFETY** training?
- A** Am I **AWARE** of the risks?
- F** Do I have a plan for **FLAMES**?
- E** Is my **EQUIPMENT** maintained?

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## 4 Questions to Ask Before You Start

## 4 QUESTIONS TO ASK BEFORE YOU START

**1** **WHERE**  
ARE THE HAZARDS?

Look around and make your workspace safe before you start.

**2** **WHAT**  
CAN GO WRONG?

Be prepared for the worse thing that could happen - have a plan.

**3** **WHEN**  
CAN I REDUCE OUR RISKS?

**REDUCE RISK AHEAD**

Take necessary actions to lower risks before anyone gets hurt.

**4** **WHY**  
DO WE NEED THIS?

Take your time to understand your risks and mitigate them!

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## Welding Best Practices

### Welding Best Practices – Burn Prevention

*From Safety + Health Magazine, with American Welding Society recommendations: [Protect welders from burns](#)*

- Wear approved welding helmets that protect the face, neck and ears, and wear a head covering.
- Wear safety goggles or safety glasses – even under a helmet.
- Ensure work gloves and aprons don't have holes.
- Wear flame-resistant earplugs/earmuffs to stop sparks getting in the ears.
- Wear oil-free, flame-resistant, non-melting protective gloves, shirts, pants and caps. Also, wear leather leggings and flame-resistant boots when necessary.
- Remove any combustible items, such as lighters or matches, before welding.
- Don't wear clothing with cuffs or open pockets – these spaces can trap molten metal or sparks.
- Use sheet metal screens for additional protection when heavy welding or cutting takes place.

*From CDC / NIOSH Best Practices: [Welding, Cutting and Brazing General Requirements](#)*

- Keep welding cables and hoses clear of passageways, ladders, and stairways.
- Provide welders, cutters, brazers, and helpers suitable eye protection with proper filter lens shade numbers
- Are surfaces used for welding, cutting, or heating, covered by a preservative or coating?
  - Competent Person evaluation needed to assess.
  - Are highly flammable or toxic (Lead, Cadmium) coatings stripped from the area to be heated at least 4 inches away from heat application?
  - Have preservative coatings been stripped from the object so that the temperature of the unstripped metal will not be appreciably raised?
  - Have all operations that involve the welding, cutting, or heating of metals containing lead, cadmium, mercury, or beryllium, been evaluated to determine if respiratory protection is required?

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## Restaurant Best Practices

## Restaurant Best Practices – Burn Prevention

**From Safety + Health Magazine: Prevent burns among restaurant workers**

- Avoid overcrowding on range tops.
- Check hot food on stoves carefully.
- Turn pot handles away from burners, and never leave handles sticking out over the edge of the range.
- Adjust burner flames to cover only the bottom of a pan.
- Avoid wearing loose clothing when working around ranges, ovens, or machines, and always keep sleeves buttoned.
- Place sealed cooking pouches in boiling water carefully to avoid splashing.
- Don't leave hot oil or grease unattended for any period.
- Ask for help when moving a heavy pot of hot liquid.
- Always lift lids slowly and carefully to allow steam to escape.

**Helpful General Information: Fryers and Cooking Equipment**

- Follow manufacturer instructions and procedures for fryer equipment.
- Allow hot oil and grease to cool overnight before disposing.
- Don't use plastic containers for hot oils. Containers must withstand high temperatures.
- Don't over fill containers. Be sure they are large enough for the task.
- When moving containers of hot oil or grease, use tight-fitting lids well secured.
- Clean oil spills promptly with proper grease-cutting agents to eliminate same level falls.
- Wear personal protective equipment such as a face shield, an oil-resistant apron or coveralls, and elbow-length gloves supplied by the employer.
- Never leave hot oil or grease unattended.
- Grill cleaning tools must have handles and must be used with gloves.
- Never use metal in a microwave oven. Use caution when removing microwave-heated foods, lifting lids to allow steam to escape.

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