Telehandlers: Safe Operation – Spanish

Course Description

This course will help you understand telehandler capabilities, stability, safe driving, load handling, site hazards, and communication practices that keep everyone protected. (Spanish Version)

Microlearning and Mentorship: How to Train Boomers, Millennials, and Gen Z Together

Training a multigenerational workforce is not about choosing between digital learning and old-school experience. The strongest safety programs use both. This article explains how safety managers can combine microlearning, mentoring, supervisor-led conversations, and field reinforcement to help workers across generations learn from one another and apply safety lessons where they matter most.

Safe Food Handling and Snack

Time Hygiene Meeting Kit

WHAT’S AT STAKE

Snack time in childcare isn’t just about eating, it’s a daily moment where hygiene, supervision, and safe habits all come together, and when small things get missed, it can quickly turn into a safety concern, which is why staying consistent and paying attention during these routines helps keep everyone safe.

WHAT’S THE DANGER

Snack time may seem simple, but it brings together multiple risks that can affect both health and safety if routines are not followed consistently.

Hygiene and Cross-Contamination

Children frequently touch shared surfaces, food, and their faces, which allows germs to spread quickly between hands, toys, tables, and snacks when proper handwashing and cleaning are missed.

Food Handling Risks

Improper storage, expired food, or unsafe preparation can introduce contamination, especially when staff rush or skip steps during busy routines.

Choking Hazards

Young children are still developing chewing and swallowing skills. Foods that are not cut appropriately or lack of close supervision can increase the risk of choking during snack time.

Allergy Exposure

Even small amounts of allergenic foods can cause serious reactions. Cross-contact, unclear labeling, or lack of awareness about dietary restrictions can put children at risk.

HOW TO PROTECT YOURSELF

Keeping snack time safe means staying consistent with hygiene, food handling, and active supervision. These routines need to be followed every time, because small gaps are what lead to problems.

Start with Hygiene

Clean hands and surfaces are your first line of defense. Children should wash their hands with soap and water before eating, and tables must be cleaned and disinfected before and after snack time. Staff should also wash hands before handling food and after any activity that could introduce contamination.

Keep the Environment Controlled and Consistent

A clean, organized space supports safety and supervision. Clean spills quickly, keep areas clear, and follow the same routines every day so nothing gets missed, even during busy moments.

Handle Food Safely

Food must be stored, prepared, and served properly to prevent contamination and reduce risk.

- Check food condition and expiration before serving
- Use clean utensils and avoid direct hand contact with ready-to-eat food
- Keep food at safe temperatures and avoid cross-contact
- Never serve food that has been dropped or improperly stored

Stay Fully Attentive During Snack Time

Supervision during eating should always be active. Stay positioned where you can see all children, watch how they are eating, and avoid distractions so you can respond quickly if something changes.

Reduce Choking and Allergy Risks

Children need food that matches their age and ability, along with close supervision.

- Cut food into appropriate sizes and ensure children remain seated
- Never allow walking, running, or playing while eating
- Know each child’s allergies and prevent food sharing
- Follow all allergy procedures and keep emergency response ready

FINAL WORD

Snack time may feel routine, but it’s one of the moments where small actions make a big difference. When you stay present and follow the routine every time, snack time stays safe, simple, and part of a healthy day.

Safe Food Handling and Snack Time Hygiene Stats and Facts – Spanish

HECHOS

- **Fallos en la Higiene de las Manos:** manipular alimentos sin lavarse las manos correctamente después del contacto con superficies, residuos o fluidos corporales puede transferir patógenos directamente a los alimentos listos para consumir.
- **Contaminación Cruzada:** usar los mismos utensilios, guantes o superficies para alimentos crudos y listos para consumir puede propagar bacterias y alérgenos sin signos visibles.

- **Uso inadecuado de los Guantes:** Reutilizar los guantes o no cambiarlos entre una tarea y otra conlleva el mismo riesgo de contaminación que trabajar con las manos desnudas.
- **Abuso del Tiempo y la Temperatura:** dejar los alimentos a temperaturas inseguras durante la preparación o el servicio del refrigerio permite un crecimiento bacteriano rápido.
- **Superficies y Equipos Sucios:** las superficies de contacto con los alimentos que no se limpian y desinfectan correctamente pueden albergar patógenos que contaminan múltiples lotes.
- **Contaminación Química:** Los productos de limpieza utilizados cerca de los alimentos sin el control adecuado pueden contaminar los alimentos o las superficies que entran en contacto con ellos, lo que conlleva riesgos de exposición.
- **Manipuladores Enfermos:** los trabajadores que manipulan alimentos mientras están enfermos pueden transmitir virus como el norovirus por contacto directo o superficies contaminadas.

ESTADÍSTICAS

- En Estados Unidos, los trabajadores de servicios y preparación de alimentos registraron más de 93.000 lesiones y enfermedades ocupacionales no mortales en 2023, muchas relacionadas con la exposición a sustancias peligrosas y prácticas de higiene inseguras (Bureau of Labor Statistics).
- El Bureau of Labor Statistics de EE. UU. informó que la exposición a sustancias o entornos peligrosos representó miles de casos de enfermedad laboral en entornos de servicio de alimentos entre 2021 y 2023.
- En Canadá, el sector de servicios de alimentos y bebidas reportó más de 6.000 reclamos anuales por lesiones con tiempo perdido en años recientes, incluidos incidentes vinculados a contaminación, quemaduras y exposición química (AWCBC).
- Los datos estadounidenses muestran que el contacto con objetos y equipos y los incidentes por exposición se encuentran entre las principales causas de lesiones en las

ocupaciones de preparación de alimentos (BLS, 2022-2023).

- En Canadá, los trabajadores de alojamiento y servicios de alimentos experimentan tasas de lesiones consistentemente superiores al promedio nacional para industrias de servicios, con exposición frecuente a sustancias y entornos peligrosos (AWCBC, 2021-2023).
- El Censo de Lesiones Ocupacionales Mortales de EE. UU. indica que las ocupaciones de preparación y servicio de alimentos reportan múltiples fatalidades cada año, incluidos casos relacionados con exposición, quemaduras y condiciones laborales inseguras (BLS CFOI, 2021-2023).

Safe Food Handling and Snack Time Hygiene Meeting Kit – Spanish

QUÉ ESTÁ EN RIESGO

La hora del refrigerio en el cuidado infantil no se trata solo de comer; es un momento diario en el que la higiene, la supervisión y los hábitos seguros se combinan, y cuando se omiten pequeños detalles, puede convertirse rápidamente en un problema de seguridad. Por eso, ser constante y prestar atención durante estas rutinas ayuda a mantener a todos seguros.

CUÁL ES EL PELIGRO

La hora del refrigerio puede parecer sencilla, pero combina varios riesgos que pueden afectar tanto la salud como la seguridad si las rutinas no se siguen de manera constante.

Higiene y Contaminación Cruzada

Los niños tocan con frecuencia superficies compartidas, alimentos y sus propias caras, lo que permite que los gérmenes se propaguen rápidamente entre las manos, los juguetes, las mesas y los refrigerios cuando se omite el lavado de manos y la limpieza adecuados.

Riesgos en la Manipulación de Alimentos

El almacenamiento incorrecto, los alimentos vencidos o la preparación insegura pueden introducir contaminación, especialmente cuando el personal se apresura u omite pasos durante las rutinas más cargadas.

Riesgos de Asfixia

Los niños pequeños aún están desarrollando sus habilidades para masticar y tragar. Los alimentos que no se cortan adecuadamente o la falta de supervisión cercana pueden aumentar el riesgo de asfixia durante la hora del refrigerio.

Exposición a Alérgenos

Incluso pequeñas cantidades de alimentos alergénicos pueden provocar reacciones graves. El contacto cruzado, el etiquetado poco claro o la falta de conocimiento sobre las restricciones alimentarias pueden poner a los niños en riesgo.

COMO PROTEGERSE

Mantener la hora del refrigerio segura significa ser constante con la higiene, la manipulación de alimentos y la supervisión activa. Estas rutinas deben seguirse cada vez, porque los pequeños descuidos son los que provocan los problemas.

Comienza con la Higiene

Las manos y las superficies limpias son tu primera línea de defensa. Los niños deben lavarse las manos con agua y jabón antes de comer, y las mesas deben limpiarse y desinfectarse antes y después de la hora del refrigerio. El personal también debe lavarse las manos antes de manipular alimentos y después de

cualquier actividad que pueda introducir contaminación.

Mantén el Entorno Controlado y Constante

Un espacio limpio y organizado favorece la seguridad y la supervisión. Limpia los derrames con rapidez, mantén las áreas despejadas y sigue las mismas rutinas todos los días para que nada se omita, incluso en los momentos más ocupados.

Manipula los Alimentos de Forma Segura

Los alimentos deben almacenarse, prepararse y servirse correctamente para evitar la contaminación y reducir el riesgo.

- Comprueba el estado y la fecha de caducidad de los alimentos antes de servirlos
- Usa utensilios limpios y evita el contacto directo de las manos con los alimentos listos para consumir
- Mantén los alimentos a temperaturas seguras y evita el contacto cruzado
- Nunca sirvas alimentos que se hayan caído o almacenado incorrectamente

Mantén Plena Atención Durante la Hora del Refrigerio

La supervisión durante la comida debe ser siempre activa. Mantente en una posición desde la que puedas ver a todos los niños, observa cómo están comiendo y evita las distracciones para poder reaccionar rápidamente si algo cambia.

Reduce los Riesgos de Asfixia y Alergias

Los niños necesitan alimentos adecuados a su edad y capacidad, además de una supervisión constante.

- Corta los alimentos en trozos del tamaño adecuado y asegúrate de que los niños permanezcan sentados
- Nunca permitas que caminen, corran o jueguen mientras comen
- Conoce las alergias de cada niño y evita que compartan la comida
- Sigue todos los procedimientos relacionados con las alergias y ten preparados los medios de respuesta de emergencia

CONCLUSIÓN

La hora del refrigerio puede parecer rutinaria, pero es uno de los momentos en los que las pequeñas acciones marcan una gran diferencia. Cuando estás presente y sigues la rutina cada vez, la hora del refrigerio se mantiene segura, sencilla y forma parte de un día saludable.

Safe Food Handling and Snack Time Hygiene Fatality File – Spanish

Un Empleado Muere Tras Mezclar Productos de Limpieza Incompatibles

Aproximadamente a las 5:00 p. m. del 7 de noviembre de 2019, un empleado se encontraba trabajando en un restaurante de servicio completo. Desempeñaba el cargo de gerente general y supervisaba el funcionamiento del restaurante. Al menos dos compañeros de trabajo estaban presentes en el momento del incidente. El primer compañero era un cocinero. El empleado estaba trabajando con el cocinero para limpiar y ordenar el pasillo trasero del restaurante. El segundo trabajador presente era el subgerente general. El empleado iba a transferir el control del restaurante al subgerente general en breve. El empleado n.º 1 dejó al cocinero limpiando el área. El subgerente general llegó para comenzar a trabajar poco después de

que el empleado abandonara el área. El subgerente general mantuvo una breve conversación con el cocinero. Poco después de eso, el cocinero derramó un galón de Super 8, un desinfectante a base de hipoclorito de sodio, por todo el piso del pasillo trasero. A continuación, el cocinero abandonó la zona. Cuando regresó, vertió un galón de Scale Kleen, un desincrustante a base de ácido, por todo el pasillo trasero. El segundo líquido se combinó con el Super 8. El cocinero comenzó entonces a fregar el piso con un cepillo de mango largo. La combinación de estos productos químicos de limpieza dio lugar a la creación de una atmósfera tóxica. Los vapores irritaban las vías respiratorias, los ojos y la piel de las personas que se encontraban en la zona inmediata y circundante. El cocinero notificó el problema al subgerente general. El subgerente general intentó eliminar la mezcla por la puerta trasera del restaurante. El cocinero había dejado la puerta abierta. El empleado se hizo cargo de la tarea de sacar con una escobilla la mezcla de productos químicos de limpieza por la puerta trasera. Pronto se vio afectado por los vapores. Sufrió una convulsión de la que no se recuperó. Tras su evidente debilitamiento, los compañeros de trabajo contactaron a los servicios de emergencia. Estos tomaron el control de la situación al llegar. El empleado fue trasladado a un hospital. El empleado fue declarado muerto en el hospital. Mientras tanto, entre el momento en que se contactó a los servicios de emergencia y su llegada, el cocinero continuó sacando la mezcla de productos químicos de limpieza por la puerta trasera. También atravesó la zona de peligro para ir a la cocina a retirar algunos alimentos de la freidora. Fue uno de los muchos trabajadores del restaurante que inicialmente evacuaron a través de la zona de peligro. Varios de estos trabajadores también regresaron a la zona de peligro antes de que hubiera indicios de que la atmósfera peligrosa hubiera remitido. Solo el empleado, el cocinero y el subgerente general participaron directamente en la respuesta al incidente. El empleado falleció como consecuencia de este incidente. Su empleador consideró que una afección médica preexistente contribuyó a su reacción grave. Muchos otros trabajadores sufrieron diversos grados de irritación en las vías respiratorias, los ojos y la piel. Ocho trabajadores fueron ingresados en el

hospital para observación y pruebas, y fueron dados de alta poco después. Según los informes de la policía y los bomberos de Burlington, Massachusetts, otras seis personas también fueron ingresadas en el hospital por la misma razón. La atmósfera tóxica creada por la combinación del Super 8 y el Scale Kleen fue la causa del daño.

Fuente: Osha.gov

Safe Food Handling and Snack Time Hygiene Picture This – Spanish



La imagen muestra un área de preparación y distribución de alimentos donde los trabajadores manipulan productos listos para consumir destinados a un grupo. Un trabajador prepara refrigerios sin haberse lavado las manos después de manipular alimentos crudos y toca con frecuencia superficies compartidas como mostradores, recipientes y utensilios. Cerca, otro trabajador usa un limpiador químico sobre una superficie próxima a alimentos descubiertos, mientras los guantes no se utilizan o se reutilizan entre tareas.

En entornos de manipulación de alimentos, los incidentes graves no siempre parecen dramáticos, pero pueden tener consecuencias severas. La contaminación puede ocurrir en segundos a través de manos sin lavar, uso inadecuado de guantes, contacto cruzado entre alimentos crudos y listos para consumir, o uso inseguro de productos químicos cerca de los alimentos.

Lávate siempre bien las manos antes de manipular alimentos, usa los guantes correctamente y cámbialos entre tareas, mantén los productos químicos de limpieza alejados de las superficies de contacto con alimentos y sigue protocolos estrictos de higiene en todo momento. La manipulación segura de alimentos no se trata solo de limpieza: se trata de proteger vidas.

Safe Food Handling and Snack Time Hygiene Stats and Facts

FACTS

- **Hand Hygiene Failures:** Handling food without proper handwashing after contact with surfaces, waste, or bodily fluids can transfer harmful pathogens directly to ready-to-eat items.
- **Cross-Contamination:** Using the same utensils, gloves, or surfaces for raw and ready-to-eat foods can spread bacteria and allergens without visible signs.
- **Improper Glove Use:** Reusing gloves or failing to change them between tasks creates the same contamination risk as bare hands.
- **Time and Temperature Abuse:** Leaving food at unsafe temperatures during preparation or snack service allows rapid bacterial growth.
- **Unclean Surfaces and Equipment:** Food contact surfaces that are not properly cleaned and sanitized can harbor pathogens that contaminate multiple batches of food.
- **Chemical Contamination:** Cleaning agents used near food without proper control can contaminate food or food-contact surfaces, leading to exposure risks.
- **Ill Food Handlers:** Workers handling food while sick can transmit viruses such as norovirus through direct contact or contaminated surfaces.

STATS

- In the United States, food service and preparation workers recorded over 93,000 nonfatal occupational injuries and illnesses in 2023, many involving exposure to harmful

substances and unsafe hygiene practices (U.S. Bureau of Labor Statistics).

- The U.S. Bureau of Labor Statistics reported that exposure to harmful substances or environments accounted for thousands of workplace illness cases in food service settings between 2021 and 2023.
- In Canada, the food and beverage service sector reported over 6,000 lost-time injury claims annually in recent years, including incidents linked to contamination, burns, and chemical exposure (Association of Workers' Compensation Boards of Canada).
- U.S. data shows that contact with objects and equipment and exposure incidents are among the leading causes of injury in food preparation occupations, reflecting unsafe handling and sanitation practices (BLS, 2022–2023).
- In Canada, workers in accommodation and food services consistently experience injury rates above the national average for service industries, with frequent exposure to hazardous substances and environments (AWCBC, 2021–2023).
- The U.S. Census of Fatal Occupational Injuries indicates that food preparation and serving occupations report multiple fatalities each year, including cases involving exposure, burns, and unsafe work conditions (BLS CFOI, 2021–2023).

Safe Food Handling and Snack Time Hygiene Picture This



This image shows a food preparation and snack distribution area where workers are handling ready-to-eat items for a group setting. A worker is preparing snacks without washing their hands after handling raw food and frequently touches shared surfaces like counters, containers, and utensils. Nearby, another worker is using a chemical cleaner on a surface close to uncovered food, while gloves are either not being used or are being reused between tasks. The environment appears busy, and the focus is on keeping up with demand rather than maintaining strict hygiene practices.

In food handling environments, serious incidents don’t always look dramatic—but they can have severe consequences. Contamination can occur in seconds through unwashed hands, improper glove use, cross-contact between raw and ready-to-eat foods, or unsafe chemical use near food. These breakdowns can lead to foodborne illness outbreaks, allergic reactions, or chemical exposure affecting both workers and consumers. Always wash hands thoroughly before handling food, use gloves correctly and change them between tasks, keep cleaning chemicals away from food contact surfaces, and follow strict hygiene protocols at all times. Safe food handling isn’t just about cleanliness—it’s about protecting lives.

Safe Food Handling and Snack Time Hygiene Fatality File

Employee is killed when incompatible cleaning chemicals

At approximately 5:00 p.m. on November 7, 2019, an employee was working at a full-service restaurant. He was working as the general manager, and he was overseeing the operation of the restaurant. At least two coworkers were present at the time of the incident. The first coworker was a cook. The employee was working with the cook to clean and organize the back hallway of the restaurant. The second worker present was the assistant general manager. The employee would be transferring control of the restaurant to the assistant general manager soon. Employee #1 left the cook to clean the area. The assistant general manager arrived to start working shortly after the employee left the area. The assistant general manager had a brief conversation with the cook. Shortly after that, the cook poured a gallon of Super 8, a sodium hypochlorite-based disinfectant, all over the floor of the back hallway. The cook then left the area. When he returned, he poured a gallon of Scale Kleen, an acid-based scale remover, all over the back hallway. The second liquid combined with the Super 8. The cook then began to scrub the floor with a long-handled brush. The combination of these cleaning chemicals resulted in the creation of a toxic atmosphere. The fumes were irritating to the respiratory tract, eyes, and skin of the people in the immediate and surrounding area. The cook notified the assistant general manager of the problem. The assistant general manager attempted to clear the mixture out of the back door of the restaurant. The cook had propped the door open. The employee took over the effort of squeegeeing the combination of cleaning chemicals out of the back

door. He was soon overcome by the fumes. He sustained a seizure from which he did not recover. Following his noticeable debilitation, the coworkers contacted emergency services. They took over control of the scene when they arrived. The employee was taken to a hospital. The employee was declared dead at the hospital. Meanwhile, between the time emergency services had been contacted and their arrival, the cook continued to squeegee the combination of cleaning chemicals out the back door. He also went through the danger area to the kitchen to remove some food from the fryer. He was one of many of the restaurant workers who initially evacuated through the danger area. Several of these workers also returned to the danger prior to any evidence that the hazardous atmosphere had subsided. Only the employee, the cook, and the assistant general manager were involved directly in the response to the incident. The employee died as the result of this incident. His employer believed that a pre-existing medical condition contributed to his severe reaction. Numerous other workers sustained varying degrees of irritation to their respiratory tracts, eyes, and skin. Eight workers were admitted to the hospital for observation and testing and released shortly thereafter. According to reports by the Burlington MA police and fire departments, six other individuals were also admitted to the hospital for the same reason. The toxic atmosphere created by the combination of the Super 8 and the Scale Kleen was the cause of the harm.

Source: https://www.osha.gov

Active Shooter Awareness: Prevent Tragedy – Spanish

Course Description

This course focuses first on prevention, then on personal safety, and finally on recovery and support. At every stage, the goal is to reduce harm, not dramatize risk. (Spanish Version)

Process Safety Management Overview – Spanish

Course Description

This course will cover why Process Safety Management (PSM) exists. It’s a life-saving framework that prevents catastrophic accidents. (Spanish Version)

Infant & Toddler Sleep Safety: Reducing SIDS and Nap-Time Risks – Spanish

Course Description

This course gives you the knowledge to protect children during one of the most vulnerable stages of their day. You will learn what safe sleep really looks like, how to prevent common nap-time hazards, and how to respond quickly if something does not look

right. (Spanish Version)

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This course gives you the knowledge to protect children during one of the most vulnerable stages of their day. You will learn what safe sleep really looks like, how to prevent common nap-time hazards, and how to respond quickly if something does not look right.

Wildfire Smoke Safety – Spanish

Course Description

This course will help you understand what’s in wildfire smoke, how it affects your health, how to recognize poor air quality, and how to protect yourself and your crew when working outdoors. (Spanish Version)

Wildfire Smoke Safety

Course Description

This course will help you understand what’s in wildfire smoke, how it affects your health, how to recognize poor air quality, and how to protect yourself and your crew when working outdoors.

Ladder Safety in Agriculture – Spanish

Course Description

This course will help you climb safer, no matter what kind of work you do. You’ll learn how to choose the right ladder, set it up, climb correctly, and look after your equipment so it lasts longer and keeps you safe. (Spanish Version)

Ladder Safety in Agriculture

Course Description

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Supervision Saves Lives for Childcare

Course Description

This course gives you the tools to sharpen your observation when working with children, predict risk before it develops, and intervene early and confidently.

Supervision Saves Lives for Childcare – Spanish

Course Description

This course gives you the tools to sharpen your observation when working with children, predict risk before it develops, and intervene early and confidently. (Spanish Version)

Choking Response & First Aid

for Young Children – Spanish

Course Description

This course is designed to help you stay calm, recognize the difference between partial and complete airway obstruction, and respond using safe and effective first aid techniques created specifically for young children. (Spanish Version)

Choking Response & First Aid for Young Children

Course Description

This course is designed to help you stay calm, recognize the difference between partial and complete airway obstruction, and respond using safe and effective first aid techniques created specifically for young children.

Digital Literacy for Floor Shop Technology – Spanish

Course Description

This course is not about turning you into an IT specialist. It is about helping you become confident with the technology you are expected to use. It will help you be comfortable with basic functions, understand why digital workflows matter, and more. (Spanish Version)

Digital Literacy for Floor Shop Technology

Course Description

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Digital Literacy for Construction Tools – Spanish

Course Description

This course is not about turning you into an IT technician. It is about helping you feel confident using tablets, apps, and digital workflows. By the end of this training, you will understand how to

use the most common digital tools and how to troubleshoot basic issues on site. (Spanish Version)