Prevent Slips, Trips and Falls Restaurant Safety Meeting Kit

WHAT’S AT STAKE

Slips, trips, and falls are some of the most common workplace accidents, and they can occur in any environment, including restaurants. Restaurants provide a multitude of slip, trip and fall hazards, whether it be from spilled liquids, high customer traffic or other means in our kitchen, dining areas and storage rooms.

WHAT’S THE DANGER

COMMON HAZARDS THAT LURK IN RESTAURANTS

- Wet, greasy, or recently polished or waxed floors
- Spills of liquid and food materials
- Oily, greasy, or muddy shoes
- Presence of electrical cords or cables
- Moisture from rain, hail, snow, ice, or frost
- Wet leaves or other plant matter
- Changes in traction along walking surfaces
- Uneven floors or missing floor tiles
- Unsecured carpets, rugs, or mats
- A lack of adequate lighting

CONSEQUENCES OF SLIP, TRIPS AND FALLS

- **Head injuries:** Falls can result in head injuries, which can range from mild concussions to traumatic.
- **Back and spinal injuries:** Falls can also result in back and spinal injuries.
- **Broken bones:** Falls can cause broken bones, such as fractures in the arms, legs, wrists, and hips.
- **Sprains and strains:** Tripping or slipping can result in sprains and strains.

- **Cuts and bruises:** Falls can also result in cuts and bruises, which can range from minor to severe.
- **Lawsuits and legal costs:** You may face legal action and costly legal fees.
- **Business interruption:** If an accident occurs at your restaurant, you may need to shut down temporarily for cleaning or repairs, resulting in lost revenue and a negative impact on your business's reputation.

HOW TO PROTECT YOURSELF

BEST RESTAURANT SAFETY TIPS TO PREVENT SLIPS, TRIPS AND FALLS

1. Clean spills immediately: Any spills should be cleaned up immediately to prevent slips. Have a spill kit available and make sure your employees are trained to handle spills.
2. Use slip-resistant mats: Place slip-resistant mats in areas that are prone to spills or where water may accumulate, such as near sinks and entranceways.
3. Provide adequate lighting: Ensure that all areas of the restaurant are well-lit, especially areas with steps, uneven surfaces, or potential obstacles.
4. Keep walkways clear: Make sure there are no obstacles or clutter in walkways or aisles that could cause someone to trip or fall.
5. Use caution signs: Use caution signs to indicate wet floors, steps, or other hazards.
6. Provide appropriate footwear: Encourage your employees to wear appropriate footwear that provides good traction and support.
7. Regularly inspect equipment and furniture: Regularly inspect equipment and furniture to ensure that it is in good condition and not a tripping hazard.
8. Train employees: Train employees to prevent slips, trips, and falls, and what to do if an accident occurs.

BEST SAFETY PRACTICES IN THE KITCHEN AND DINING ROOM

In The Kitchen

- Wear non-slip, waterproof footgear. Never wear open-toed shoes or leather-soled shoes.
- If you spill while preparing food, clean it up immediately. Use cones or signs to warn fellow employees.
- Remove clutter from kitchen workstations to avoid obstructing walkways.
- Place all utensils, ingredients, and other supplies back in their proper location after you're done using them.
- Never run in the kitchen.
- Avoid storing cooking oil on the floor. It may spill, or someone may fall onto it.
- Notify your supervisor if you notice any uneven floor surfaces or drain covers that have come loose.

In the Dining Room

- Remove clutter from walkways on the floor.
- Straighten out rugs and mats, and make sure they are always in place.
- Clean up any spills immediately, and place signs and cones to warn both patrons.
- Place mats so that patrons do not slip while the floors are still wet.
- Never carry more than you can handle.
- Make several trips for large loads.

GOOD HOUSEKEEPING REMINDERS

At the beginning and end of your shift, make sure your area of the restaurant is clean and free of any trip or fall hazards. If there is an object that presents a hazard that you cannot move, alert the shift manager.

Beware of tripping hazards. Trash, chairs, signs or any object left in areas designed for pedestrian traffic invite falls. Extension cords, food carts and other items in the open all present tripping hazards.

Snowy and rainy weather requires a doormat at each entrance to allow for complete wiping of shoes.

FINAL WORD

It is crucial to take proactive measures to prevent slips, trips, and falls in your restaurant. By doing so, you can protect your customers, employees, and your business’s reputation and financial stability.