Preventing Burns and Scalds: Restaurant Safety Meeting Kit

WHAT'S AT STAKE

Preventing burns and scalds in a restaurant is essential for ensuring the safety of employees and customers, maintaining a profitable business, and complying with regulations. By implementing safety measures and training employees on proper handling techniques, restaurants can create a safer and more successful work environment.

WHAT'S THE DANGER

DANGERS OF SCALDS AND BURNS

Hot surfaces and equipment: Hot surfaces such as stovetops, grills, and ovens can cause burns if touched accidentally.

Hot liquids: Hot liquids such as boiling water, hot oil, and coffee can cause serious burns and scalds if spilled or splashed.

Grease fires: Grease fires can quickly spread and cause serious injuries and damage to the restaurant.

Chemical burns: cleaning chemicals and other chemicals used in the kitchen can cause chemical burns if they come into contact with the skin.

Improper food handling: Hot food can cause burns if not handled properly.

HOW TO PROTECT YOURSELF

BEST SAFETY MEASURES TO PREVENT BURNS AD SCALDS AT RESTAURANT

- Provide staff with training on how to safely handle hot equipment and liquids, including how to properly use oven

mitts and potholders.
- Install splash guards on stovetops and fryers to prevent hot liquids from splashing onto workers.
- Maintain equipment in good working condition and replace worn parts as loose handles or knobs.
- Store flammable liquids, such as cooking oil, away from heat sources and in properly labeled containers.
- Keep the kitchen clean and free of clutter, to prevent accidents from tripping or bumping into hot surfaces.
- Provide proper ventilation to prevent the build-up of hot steam or smoke in the kitchen.
- Provide protective clothing, such as aprons and gloves, for staff to wear when handling hot liquids.
- Have a first aid kit readily available and ensure that all staff knows how to use it in case of an emergency.
- Never leave your stove unattended while cooking. Stay in the kitchen while you're frying, grilling, boiling or broiling food. If you must leave the room—even for just a moment—turn off the stove.
- Create a kid-free zone. Create a space of at least three feet around your stove and other areas where hot food is prepared.
- Keep your cooking area free of flammable materials. Keep anything that can catch fire, such as food packaging, oven mitts, and towels away from your stovetop.
- Turn pot handles toward the back of the stove. This way, they can't be bumped into.
- Keep a fire extinguisher nearby. Make sure you have the correct type of fire extinguisher and know how to properly use it.
- Keep cooking equipment clean. Crumbs in a toaster, built-up grease on the stovetop, and excess dust behind your appliances are fire hazards.
- Wear short, close-fitting, or tightly rolled sleeves while cooking. Loose clothing can catch fire if it meets a gas flame or electric burner.
- The best time to cook is when you are wide awake and alert. Avoid using kitchen appliances if you're sleepy or have

consumed alcohol.

- When frying, use a pan lid or splash guard to prevent grease splatter.
- Keep a pan lid and dry potholders or oven mitts near you every time you cook. This is in case you need to put out a grease fire.
- When you are manually transferring hot liquids, make sure the container is no more than half full, and use a lid or splash guard.
- When using a rolling cart to transfer hot liquids, check to be sure the container is secure on the cart so it will not tip or fall from sudden stops or jarring.
- Use extreme care when handling foods or liquids that have been microwaved, as they can reach temperatures greater than boiling without bubbling.
- Keep floors clear of liquids and debris. Slips, trips and falls are responsible for many restaurant scald burns, and often these injuries can result in more time lost at work than other scald injuries.
- When appropriate, use hot pads, potholders or proper gloves/mittens.
- Always wear protective shoes with slip-resistant soles – never open toed shoes, sandals or boots.
- Follow all safety procedures when working with deep fryers.
- Check hot food on stoves carefully.
- Adjust burner flames to cover only the bottom of a pan.

SAFETY REMINDERS

In case of grease fire: Smother it by sliding a lid over the pan, turn off the stovetop, and leave the pan covered until it’s completely cooled. NEVER try to put out a grease fire with water.

In case of oven or microwave fire: Turn off the heat and keep the door closed until the flames are completely out. If unable to safely extinguish a fire, get outside quickly, close the door to contain the fire, and call 9-1-1.

FINAL WORD

Burns and scalds can range from mild to severe, depending on the extent and duration of the exposure to heat. In severe cases, burns and scalds can cause significant pain, swelling, and blistering, and may require medical attention.