Using Deep Fryers Safely Meeting Kit

WHAT’S AT STAKE

Fat fryers present a number of hazards in the catering environment including fire, burns from hot oil, contact with hot surfaces, fumes from boiling cleaning chemicals, eye injuries from splashes and slips from oil spillages. Irrespective of the type of fryer that is used (i.e. manual, automated, or semi-automated), the employer must ensure that it is well maintained, that staff are trained and are provided with suitable protective equipment and a suitable and sufficient risk assessment has been carried out.

WHAT’S THE DANGER

THE STAKES OF USING DEEP FRYERS

Personal Safety: Deep fryers use hot oil at high temperatures, which can cause serious burns, fires, or other injuries. It is essential to follow the manufacturer’s instructions and safety guidelines to avoid accidents.

Property Safety: Deep fryers can cause fires that can quickly spread and cause significant property damage. Keeping the fryer away from combustible materials and monitoring it while in use can help prevent such incidents.

Health: Consuming deep-fried foods regularly has been linked to several health issues, such as obesity, heart disease, and type 2 diabetes.

Legal Liability: If a person gets injured or property gets damaged due to a deep fryer accident, the user could be held legally liable for damages. Fryer safely can prevent such incidents and protect the user from legal troubles.

DEEP FRYER HAZARDS

Burns: The hot oil in the fryer can cause severe burns if it comes into contact with your skin. This can happen if you accidentally touch the hot oil or if the oil splashes out of the fryer.

Fire: Deep fryers can catch fire if the oil overheats, if water or ice comes into contact with the hot oil, or if food particles are left in the oil for too long. This can cause a serious fire that can spread quickly.

Smoke and Fumes: The oil in the deep fryer can produce smoke and fumes, which can be hazardous to your health if you inhale them for extended periods. Smoke and fumes cause eye irritation and respiratory problems.

Electrical Hazards: If the deep fryer is not properly grounded or if the electrical cord is damaged, it poses electrical hazard. This can cause electrocution if in contact with the fryer or its electrical components.

Oil Spills: If the deep fryer is overfilled or if you try to fry too much food at once, it can cause the oil to spill out of the fryer. This can create a slip hazard and also pose a fire hazard if the oil comes into contact with a heat source.

HOW TO PROTECT YOURSELF

BEST SAFETY GUIDELINES TO AVOID ACCIDENTS USING DEEP FRYERS

1. **Read the instruction manual:** Before using a deep fryer, read the instruction manual carefully. This will help you understand how the fryer works and the safety features it has.
2. **Choose the right location:** Place the deep fryer on a level, stable surface that is away from any flammable objects such as curtains, paper towels or anything that can catch fire. Make sure the fryer is not near any water source.
3. **Use the right oil:** Only use oils that are recommended by the manufacturer. Avoid using olive oil or butter, as these have

a low smoke point and can catch fire easily. Also, never mix different types of oils together.

4. **Monitor the temperature:** Use a thermometer to monitor the temperature of the oil. Overheating the oil can cause it to ignite and catch fire. Never leave the fryer unattended while it’s on.
5. **Be careful with the food:** Never drop food into the fryer from a high distance, as this can cause the oil to splash and burn you. Lower the food gently into the oil using tongs or a slotted spoon. Also, never overcrowd the fryer with food, as this can cause the oil to overflow.
6. **Use protective gear:** Wear heat-resistant gloves and long-sleeved clothing when handling the fryer to protect yourself from burns.
7. **Have a fire extinguisher nearby:** In case of a fire, have a fire extinguisher nearby and know how to use it. Never use water to put out a grease fire, as this can cause the fire to spread.

SAFETY REMINDERS FOR DEEP FRYING WORKERS

- **Wear personal protective equipment (PPE).**

Oven mitts and pot holders should be used when lifting hot baskets, and steam gloves when filtering or changing the oil.

- **Don’t exceed the oil fill line.**

A fryer vat can quickly overflow when food is added.

- **Let the oil cool down.**

When reaching above the fryer, i.e., to remove and clean the vent filters, allow the oil to cool to reduce the risk of burns. Also, let the oil cool before filtering manually. Built-in filtration systems can be used when the oil is still hot.

- **Don’t spill water/ice in the fryer.**

Water or ice spilled on hot oil will splash/splatter.

- **Keep the floor clean and dry.**

An oily or wet floor can cause workers to slip and fall onto hot surfaces. Also wear footwear that is closed toe and slip resistant.

- **Don’t drop fry baskets or food items into the fryer.**

These should be lowered slowly into the hot oil. Dropping items in will make the oil splash resulting in burns.

FINAL WORD

Deep fryers can be a convenient and effective way to cook food quickly and provide a delicious and crispy texture. However, it’s important to use them safely and in moderation, as excessive consumption of fried foods can be unhealthy.