

FOOD SCIENCE & HYGIENE

Chapter 9....

Kitchen Safety



Working Safely

- Workplace accident cost the foodservice industry over **\$50 billion per year**
- There are international regulations that determine the safety practices in the commercial kitchen
- Employees **are required** to follow the safety regulations regarding health and safety

Personal protective clothing

- Gloves



- Shoes



- Back braces



- Goggles



- Face mask



Personal injuries

- **Avoid slips & falls**

- **Never** run in the kitchen
- **Wipe** spills immediately
- **Use** slip-resistant mats
- **Use** safe ladders or stools for climbing
- **Always close** drawers & doors when you are through with them
- **Keep** traffic paths open at all times



Personal injuries



- In order to avoid cuts
 - Always use knives for their intended purpose
 - Always cut away from your body
 - Always carry a knife down at your side with the blade tip pointed toward the floor & the sharp edge facing behind you
 - Look when you place your hands when reaching for a knife
 - Never wave your hands while holding a knife

Personal injuries



- In order to avoid cuts
 - Keep knives **sharp**
 - If you drop a knife **don't try to grab it**
 - Never leave a **knife hanging over the edge of a work surface**
 - Keep knife handle and hands **dry**
 - Never leave knives in the **sink**
 - Store knives in a **knife kit or knife rack**

Personal injuries



■ Avoiding burns & scalds

- Remove lids by **tilting them away** from your body to let the steam escape
- Use **dry** pot holders or oven mitts
- **Step aside** when opening oven doors
- Don't clean an oven **until it has cooled**
- Keep all cooking surfaces **free of grease**
- Keep papers, plastic and other flammable materials **away from cooking surfaces**

Personal injuries



■ To avoid back injuries & strains

■ Before lifting a heavy object ask yourself:

- Can I lift this object by my self?
- Is the object too awkward to handle?
- Is the path I need to take free of clutter?

■ When lifting a heavy object, follow these steps:

- Bend at your knees
- Keep your back straight
- Lift straight up
- Don't twist your body as you move the object
- Set the load down slowly, keeping your back straight

Safety Tip 5: Preventing lifting injuries

- Get help from others if you need it.
- Use dollies or carts whenever possible.



1 Get close to the object.

2 Bend at your hips and knees. Get a good grip. Gloves may improve your grip.

3 Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.

4 Pivot with your feet instead of twisting your back.








Fire safety



- Use precautions around gas appliances
- Check for gas odor before lighting an appliance
- Store flammable and combustible materials away from heat sources
- Keep water away from electrical outlets
- Make sure all fire & smoke alarms are working
- Never block exits

Fire safety

- Fire extinguisher types

A		Common Combustibles	Wood, paper, cloth etc.
B		Flammable liquids and gases	Gasoline, propane and solvents
C		Live electrical equipment	Computers, fax machines <i>(see note!)</i>
D		Combustible metals	Magnesium, lithium, titanium
K		Cooking media	Cooking oils and fats

First aid



- In case of an emergency:
 - Check the scene and **stay calm**
 - Check the victim. **Keep him or her comfortable and calm**
 - **Call** the local emergency number
 - **Administer first aid** if possible
 - Keep people who are not needed **away**
 - **Complete** an accident report sheet

Employee's Report of Injury Form

Instructions: Your employees may use this form to report all work related injuries, illnesses, or "near miss" events (which could have caused an injury or illness) – no matter how minor. This helps you to identify and correct hazards before they cause serious injuries. This form should be completed by employees as soon as possible and given to a supervisor for further action. (Some employees may wish to report an incident without giving their own details)

I am reporting a work related: <input type="checkbox"/> Injury <input type="checkbox"/> Illness <input type="checkbox"/> Near miss	
Your Name:	
Job title:	
Supervisor:	
Have you told your supervisor about this injury/near miss? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Date of injury/near miss:	Time of injury/near miss:
Names of witnesses (if any):	
Where, exactly, did it happen?	
What were you doing at the time?	
Describe step by step what led up to the injury/near miss. (continue on the back if necessary):	
What could have been done to prevent this injury/near miss?	
What parts of your body were injured? If a near miss, how could you have been hurt?	
Did you see a doctor about this injury/illness? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, whom did you see?	Doctor's phone number:
Date:	Time:
Has this part of your body been injured before? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, when?	Employer:
Your signature (optional):	Date:

First aid for burns



- **Call** your local emergency number
- **Remove** the person from the source of heat
- **Cool** the burned skin by applying cold water. Do not use ice or ice water
- **Do not apply** ointments immediately
- **Bandage** the burn
- **Help** the victim be comfortable

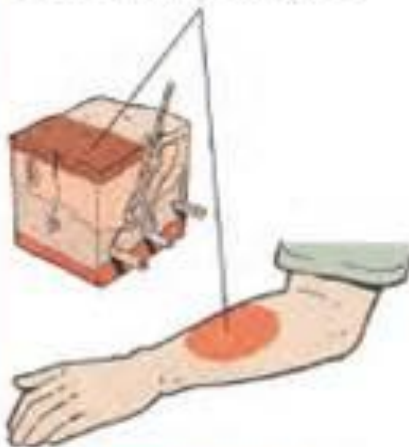
Burns

Recognizing burns

Use the size and symptoms of the burn to determine its degree. The cause of the burn will give clues as to severity and whether the injury is critical.

First-degree burn

Only the top layer of the skin is damaged.

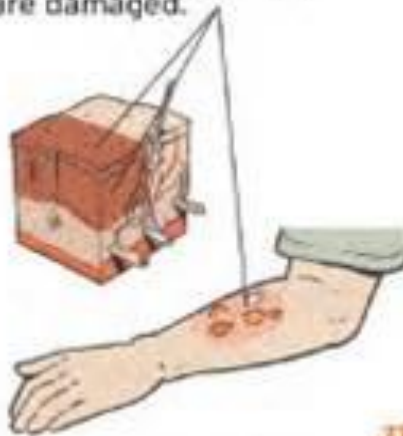


First-degree symptoms

- skin color is pink to red
- slight swelling
- skin is dry
- burn can be anywhere from tender to severely painful

Second-degree burn

Both layers of the skin are damaged.

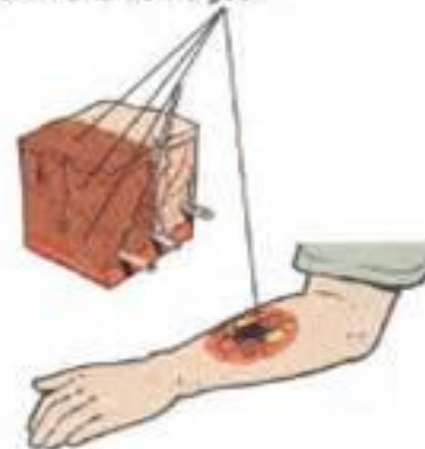


Second-degree symptoms

- skin looks raw and is mottled red in color
- skin is moist
- blisters contain clear fluid
- severe to extreme pain

Third-degree burn

The full thickness of the skin, including tissues under the skin are damaged.



Third-degree symptoms

- skin is pearly-white, tan-coloured or charred
- skin is dry and leathery
- blood vessels and bones may be visible under the skin
- little or no pain, as nerve endings are destroyed

First aid for wounds



- **Put on** disposable gloves to prevent infection
- **Clean the wound** with soap and rinse it under water (unless it is very deep)
- **Control the bleeding** by applying pressure using sterile gauze or clean towel
- **Elevate the limb** above the heart level
- **Cover the wound** with clean bandages

First aid for choking



- **“HEIMLICH Maneuver”**
 - **Stand** behind the victim. **Wrap** your arms around the victim’s waist
 - **Locate** the victim’s navel
 - **Make a fist** with one hand. **Place the thumb side** of your fist against the middle of the abdomen. **Position your hand** just above the navel and below the breast bone
 - **Place your other hand** on top of your fist
 - **Press your hands** into the victim’s abdomen. **Use** quick, inwards and upward thrusts
 - **Repeat** as many times as it takes to dislodge the object from the victim’s throat

Heimlich maneuver

Back Blows and Abdominal Thrusts for Choking



1. Stand behind the person and wrap one arm around their chest. Firmly strike the person on the back between the shoulder blades 5 times.



2. If the back blows do not dislodge the object, wrap both your arms around the abdomen. Make a fist with one of your hands and place it thumb side in the center of the abdomen. Grasp your fist with the other hand.



3. Give 5 abdominal thrusts by making a quick hard movement inward and upward 5 times. Keep giving 5 back blows and 5 abdominal thrusts until the object is coughed up or the person loses consciousness.