

Top Ten Safety Tips for the Restaurant Employee

1. Safely Operate Equipment

Follow manufacturer instructions and use all protective gear or safety guidelines for machines with sharp or dangerous parts.



2. Wash Hands Frequently

Thoroughly wash hands with warm soapy water before and after handling food, utensils, and equipment. Make sure hand-sinks are properly installed in all food preparation areas. This minimizes the transfer of harmful bacteria.

3. Take Care to Avoid Falls

Clean up spills immediately and remove any obstacles or wet spots on the floor. Consider enforcing slip-resistant shoes to minimize injuries from slipping on floors.

4. Wear a Proper Uniform

In addition to slip-resistant shoes, uniform standards may include hairnets, plastic gloves, and aprons. These prevent long hair, germs, and loose clothing from contaminating foods and getting caught in kitchen equipment.

5. Maintain Clean Personal Hygiene and Behaviors

Proper hygiene provides an extra safeguard against the transfer of harmful bacteria. Keep all smoking, eating, drinking, coughing, or sneezing away from food-preparation areas. Keep ill employees at home and away from the workplace. Plastic or latex gloves also reduce risks of cross-contamination.

6. Be Wary of Burns

Burns from hot surfaces, water, oil, and food are common causes of injury in a kitchen environment. Take proper precautions and consider using pot holders and oven mitts to provide extra protection to anyone working around hot equipment or food.

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7. Use Caution with Sharp Edges

Knives, machine parts, equipment, and broken glass can all have sharp edges. Wearing cut resistant gloves prove especially helpful when handling sharp objects.



8. Minimize Strains and Sprains

Train employees in proper lifting techniques and ways to eliminate excessive reaching or repetitive motion injuries. Anti fatigue mats are often helpful for employees who stand for long periods of time.

9. Handle Hazardous Chemicals with Care

Read labels and be familiar with Material Safety Data Sheets for any chemicals on the premises, and utilize any protective gear available.

10. Prepare for Emergencies

Implement an action plan for accidents, natural disasters, fires, violent situations, and other emergencies that may occur on the premises. Communicate the action plan to all employees.

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