

# NBSIA Member Services Safety Bulletin

SEPTEMBER 2019

## FOOD SERVICE SAFETY



Safe work practices and training can prevent kitchen accidents. NBSIA recommends a four-tiered approach to help prevent injuries to food services employees.

### 1. Hazard Assessment

Identify safety and health hazards in the workplace. Common risks in kitchens.

- Burns from ovens, broilers, grills, deep fryers, microwave ovens and coffee makers.
- Cuts from knives, broken glass and box cutters.
- Falls due to wet or slippery floors; and boxes or other obstructions in walkways and doors.
- Ergonomic or lifting hazards due to high shelves, repetitive movements and awkward lifting.

Continually conduct kitchen hazard assessment and encourage employees to report hazards.

**NBSIA is available to conduct kitchen assessments.**

Contact MemberServices@nbsia.org to schedule.

### 2. Slips, Trips and Falls

- If you notice a spill, immediately put out a caution sign while you get equipment to clean it up.
- Make it a **required** procedure that spills get cleaned up immediately.
- Install rubber mats to provide non-slip surfaces where floors are commonly wet (near food-prep areas, refrigeration equipment, and sinks).  
**Replace mats regularly, as needed.**
- Require staff to wear slip-resistant shoes.

**NBSIA provides two pairs of slip-resistant shoes per food services employees per school year at no cost to our districts.** Contact MemberServices@nbsia.org to learn more.

### 3. Cuts and Burns

- Train staff on the safe use of knives, slicers, and other sharp utensils.
- Wear cut-resistant gloves when using slicers and when cleaning blades and knives.
- Store knives and blades on magnetic racks secured to the wall or on shelves with knife racks.
- **Never** store knives and blades with other utensils in drawers.
- Use appropriate heat resistant personal protective equipment when reaching for, or moving anything warm or hot.
- Do not reach over hot pots or pans, steam can badly burn you!

### 4. Sprains and Strains

- Train staff on proper lifting techniques.
- Order supplies in smaller containers, if possible. Lighter/smaller container are easier to move/ lift.
- **Store heaviest items at waist level**, this is known as your “power zone”. If you store heavy items close to the floor, you are more likely to strain your back when lifting. If stored overhead, you may strain your shoulder or drop the item.
- Use carts and other proper equipment to transport goods and prevent overexertion.

#### Sources

<https://www.foodnewsfeed.com/fsr/employee-management/best-practices-increase-employee-safety>



#### Contact Us

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