



Safety in Five

Topic: Preventing Burns in Restaurants

Date: _____

Location: _____

Company: _____

Topic specifics relevant to your job

Burns are one of the most prevalent injuries in the restaurant industry

- Contact with direct flames only accounts for a small percentage of burn injuries
- The main sources of injury include steam, hot water, fryer oil and picking up hot plates or plates that have been sitting under a heat lamp

Deep Fryers/Hot Oil

- Dry food before placing in hot oil
- Do not drop food into the hot oil – place food in basket and slowly lower it into the oil
- Do not touch the frying basket or add food while the basket is submerged in oil
- Avoid over-filling the fry pot – follow manufacturer fill level instructions
- Keep liquids away from the fryers
- Do not leave fryer unattended

Stoves and Ovens

- Adjust the burner flame to cover only the bottom of the pot
- Turn off burners when not in use

- Do not lean over a pot of boiling liquids or hot food
- Turn pot handles in and away from burner’s flame
- Open lids away from you to avoid steam
- Use dry potholders, mitts or gloves to handle hot objects and wear long sleeves for deep ovens

Steamers

- Release pressure slowly before opening the lid
- Step aside and open lid away from you

Additional prevention measures

- Organize your work area to avoid contact with hot objects
- Use caution when removing plates from microwave
- Use a cart to transfer hot objects and alert others nearby
- Check for obstacles in your path before transferring hot objects
- Use two people if filled kettle or oil container must be carried
- Always wear closed toe, slip-resistant shoes
- Never stand on cooking equipment

Attendees (Names/Signatures)	

Comments/Suggestions