



SAFETY TIPS

Restaurant Burn Prevention

Injuries due to contact with hot liquids, heat sources on cooking equipment, hot coffee or hot beverage spills, and other restaurant heat exposures can be painful and can have long-lasting health effects and often lead to lost work time. It is important that all employees understand and recognize the potential for burn injuries in the restaurant environment and know how to reduce the potential for these types of injuries. All employees must be trained in the use of all cooking equipment, handling of hot liquids including fryer grease and proper and safe cleaning of fryers, and prevention of burn injuries.

Burns and scalds can be caused by:

- Boiling hot liquids
- Cooking pots
- Hot dishwashers
- Hot foods
- Hot utensils
- Microwaves
- Ovens
- Pressure cookers
- Stoves
- Toaster ovens
- Toasters

You must observe the following safety rules to prevent burns and scalds:

- Adjust burner flames to cover only the bottom of the pan and avoid overcrowding.
- Allow grease to cool before transporting, filtering, or disposing.
- Assume all pots and metal handles are hot. Touch only when you are sure they are not hot or when wearing proper gloves.
- Avoid reaching over or climbing on top of fryers and other hot surfaces. Clean vent when oil and surface is cool.
- Be careful with hot water and steam when operating near a dishwasher.
- Consider using pumps to filter oil and avoid lifting deep fryers. Filter oil after it has cooled to a safe temperature.
- Do not cook without wearing protective clothing, even in hot temperatures or environments.
- Do not lean over pots of boiling liquids.
- Do not leave a hot electric element or gas flame “on” when not in use.
- Do not leave metals spoons in pots and pans while cooking.
- Do not open cookers and steam ovens while they are under pressure.
- Do not overfill pots, pans, or fryers.
- Do not overstretch to reach an uncomfortable distance.
- Do not remove coffee pot until coffee is through being dispensed.
- Do not stand on hot fryer to clean ventilation components or filters. Use a ladder or stepstool.
- Do not store employee drinks by deep fryers.

- Do not try to unload or handle dishes or glasses until they are cooled.
- Do not use wet towels to grab or hold hot items.
- Follow manufacturer's operating/safety instructions. Manuals are available through your supervisor.
- Food items for frying should be placed in the basket first, then lowered into hot oil, rather than dropping food directly into the oil.
- Keep floor surfaces clean and dry to prevent slipping or falling onto hot surfaces.
- Keep stove surfaces clean to prevent grease flare-ups.
- Lift lids by opening away from you.
- Maintain appropriate class K fire extinguishers available in case of an oil/grease fire.
- Make sure handles of pots and pans do not stick out from counter or cooking stove.
- Open hot water faucets slowly to avoid splashes. Test water temperatures in sinks before placing your unprotected hands.
- Open ovens or steamers by standing to the side. Keep the exit door between you and the open steamer.
- Organize your work area to prevent contact with hot objects and flames.
- Remember, foods removed from the microwave continue to cook.
- Report any faulty equipment to your supervisor.
- Seek medical help for heat related stresses.
- Turn off stoves when not in use.
- Two people are to be used for changing and disposing of grease, due to heavy lifting.
- Use caution when working around hot oil.
- Use gloves, scrapers, and other cleaning tools with handles for cleaning of hot surfaces.
- Use only recommended temperature settings for each type of cooking.
- Use oven mitts that are provided and long gloves for deep ovens.
- Use trays to carry hot plates. Use a waiter's cloth, hot pads or oven mitts to protect your arms or hands when carrying hot plates or trays.
- Wear slip resistant shoes.
- **When in doubt, always ask your supervisor.**

Should an employee incur a burn injury during work hours it is important that they immediately notify their supervisor or the manager on duty, regardless of severity, and ensure that proper medical attention is provided. Burn injuries can be very prone to post-injury infections and it is important that the injury is properly cleaned and dressed and that the wound be cared for, cleaned regularly with dressings changed, until it has completely healed.