



Kitchen Safety Training Program



Introduction

The food services industry can be a fast-paced and exciting job, but kitchens are full of workplace hazards. Here are ways you can protect yourself and your coworkers from common commercial kitchen injuries.

The Human Factor in Kitchen Safety

Heat, machines, utensils, and cleaning products are all needed for food preparation and pose risks if mishandled. However, kitchens can be injury-free when staying alert and making safety a priority.

Tips for Avoiding Burns and Boosting Kitchen Safety

- Use dry hot pads or oven mitts when handling hot items.

- Turn pot handles away from burners and walkways.
- Switch off unused burners.
- Wear fitted clothing and keep sleeves buttoned.
- Be cautious with deep fryers and avoid water splashes. Use baskets properly.
- Communicate with your team about hot surfaces and potential hazards.
- Look out for your coworkers and warn them of danger.
- Wear appropriate protective gear when steam cleaning.

The Power of Prevention

Most kitchen injuries result from not following instructions, lack of attention, or insufficient knowledge. You have the power to prevent accidents by:

- Consistently practicing safe work habits.
- Alerting supervisors to potentially dangerous conditions.
- Staying informed about proper procedures.

Knife Safety: Cutting Edge Precautions

Knives are essential tools, but they require respect and careful handling. Remember:

- Keep knives sharp and store them properly.
- Always cut away from your body.
- Use cutting boards to prevent slips and maintain blade sharpness.
- Clean knives carefully. Never submerge them in soapy water.
- Knives are not toys. Never "fence" or "duel" with them.

Preventing Slips, Trips, and Falls

A clean, organized kitchen is a safe kitchen. Here's how to minimize risks:

- Wipe up spills immediately.
- Keep floors clean and clear of obstacles.
- Repair any floor damage promptly.
- Use proper storage to avoid tripping hazards,

Lift Smart, Stay Strong

Protect your back with these safe lifting techniques:

- Keep your back straight and bend your knees.
- Get help with heavy or awkward items.



- Store heavy items at waist level.
- Always use a proper ladder for reaching high places.

Machine Mastery: Operating Kitchen Equipment Safely

Modern kitchens are full of powerful machines. Stay safe by:

- Getting proper training before using any equipment.
- Keeping all machine guards in place.
- Disconnecting power before cleaning or adjusting machines.
- Using push sticks and other safety tools as designed.
- Reporting any electrical issues immediately.

Fire Safety: Keeping the Heat Under Control

Fires can devastate a kitchen. Be prepared by:



- Check safety valves daily.
- Ensure pressure gauges are unobstructed.
- Thoroughly understand operating instructions.
- Use clear, permanent labels on all valves.

The Power of Prevention and Training

- Knowing the location and proper use of fire extinguishers.
- Properly venting gas-fired equipment before use.
- Reporting gas leaks immediately.
- Following all smoking regulations.
- Avoiding flammable liquids in the kitchen area.

Supervisors play a crucial role in kitchen safety:

- Set a good example by following all safety procedures.
- Provide thorough training for new employees.
- Offer ongoing safety reminders.
- Create a culture where everyone looks out for each other by staying alert, communicating clearly, and always prioritizing safety.

Practice safety every day. You will not only protect yourself but contribute to a safer work environment for everyone.

Pressure Equipment: Handling with Care

Coffee urns and pressure cookers require special attention:

Review Questions

1. Keep pot handles turned towards you.
True False
2. Why is it important to use a cutting board or block when chopping or slicing?
3. Keep hands and fingers out of all machines.
True or False
4. Why is important to know the location of fire extinguishers and controls for sprinkle and deluge units?

Answers

1. False. Always turn the handles away from burners and aisles.
2. To prevent slips and knife dulling.
3. True, otherwise you could cut your hand or fingers.
4. In case of fire it is critical to know the location of the fire extinguishers and be trained to use them.



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