

Food Service Safety

Safe practices in the school foodservice environment

NOTE: Please heed the safety rules and lifting techniques that follow to protect yourself and fellow employees.

Employee Responsibility

- Accept the responsibility for his or her own safety. Be safety conscious at all times.
- Abide by all safety regulations.
- Use protective clothing and devices (e.g., gloves, hot pads, back braces) when needed.
- Use machines, equipment or tools that are in good, safe working condition.
- Do not distract other workers performing a hazardous job.
- Refrain from all forms of pranks or horseplay.
- Report unsafe practices or working conditions to immediate supervisor.
- Report all accidents to the immediate supervisor as soon as they occur.

To Prevent Falls:

- Use a stepladder of safe construction. Use an appropriate ladder rated for commercial use as it is intended (e.g., Type I, II, III) per OSHA
- Keep floors dry and free from litter.
- Clean up spilled food, water or grease at once.
- Request for immediate repair of any hazard such as broken floor, fallen wires, etc.
- Keep traffic aisles and passages clear, including electrical cords.

Safe Lifting

- Size up the load; do not attempt to lift a load alone if you have any doubt of your ability to lift it.
- For extremely heavy loads, seek assistance and do not attempt to raise the load beyond waist-level
- Always make sure your footing is secure.
- Place feet close to the base of the object to be lifted.
- Get a good grip on the load.
- Bend your knees; keep your back straight.
- Keep the load close to your body.
- Be sure you can see past the load.
- In team lifting, cooperate with your partner when carrying a long object; with a two-person carry, both should carry from the same side, be it right or left.
- When putting down a load, take care and reverse the lifting procedures.
- Do not carry heavy cans, boxes or other objects, but place on carts to transport.

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Clothing

- Have dress pockets flat and high enough to avoid catching on doorknobs or equipment.
- Wear tear-away or disposable aprons
- Avoid large, loose sleeves, neckties and strings or decorative clothing that may get caught in equipment.
- Wear protective, comfortable, low heel, no slip, shoes, properly cleaned and in good repair.

To Prevent Burns:

- Turn handles of pans on range so that pans cannot be knocked off or caught in clothing and pulled off. Always use dry flameproof potholders to remove.
- To avoid scalds, tilt lids away and get help to remove.
- Prepare a place to put hot pots and pans before removing them from range or oven. Move hot food on a cart. Do not have pots and pans too full. (See "Safe Lifting" rules).
- Keep papers, plastic aprons and other flammable materials away from hot areas.
- Pull rack out part way or use puller to remove items from oven.
- Use pots and pans with sturdy handles.
- Pour hot fat into a metal container and allow it to cool before moving to store.
- Keep moisture at a minimum when putting food in fryer.
- Operate steam equipment according to instructions. Use caution in handling valves and pipes leading to equipment.

To Prevent Against Cuts:

- Keep knives sharp and store separately in a drawer.
- Use tools for purposes for which they were made. For example do not use cleaver or knives to open cans or knife blades as a screwdriver.
- Cut away from, never towards body.
- Be sure the can opener leaves no jagged edges on cans.
- Sweep up broken glass. To pick up very small pieces use wet toweling then wrap all broken glass in paper. Dispose promptly.
- Use National School Foodservice approved cutting board for cutting or chopping food.
- When cutting keep tips of fingers back to prevent injury.
- Collect all sharp tools on a tray and wash each item separately from other utensils.
- Use plastic or paper for drinking containers in the kitchen, never glass.