

# PLAYING IT SAFE RESTAURANT

## Preparing Food Safely

*Prevent injuries while preparing food*

Preparing food to impress our guests can be a very enjoyable and rewarding experience. But a busy kitchen can be a dangerous place as well. Practice injury prevention with the following safety tips.

### Using Kitchen Equipment

Exercise these safety precautions when using slicers, dicers, steamers, choppers, microwaves, mixers and other kitchen equipment.

- Use push sticks or tamps to push food into machines; never use your hands to push items through.
- Turn off and unplug machines before disassembling or cleaning.
- Never open lids or put your hands into machines while they are on.
- Use hot pads when removing items from the microwave or oven to avoid burns.
- Never place metal, foil or whole eggs into the microwave.
- Stand to the side of a steamer and open the door using the lid as a shield between the machine and your body.
- Always use the machine guarding provided for appliances; never assume you will be safe without them.

### Working with Knives

- Cut in the direction away from your body while keeping your fingers and thumbs out of the way of the cutting line.

- Wear steel mesh gloves to protect your hands.
- Let a falling knife fall; never try to catch it.
- Carry knives with the cutting edge angled away from your body and the tip pointed down.

### Preventing Strains

- Always lift with your knees and not your back.
- If you're standing for long periods of time, use a foot rest to shift your weight back and forth.
- Keep your elbows close to your body while cooking.
- If possible, use appliances to cut, dice and mix foods instead of doing it by hand.
- Rotate through various stations to avoid doing the same task repetitively and straining a muscle.

### Preventing Slips and Falls

- Clean up spills immediately and use cones or signs to indicate a wet floor.
- Wear non-slip footwear with the laces tied tight.
- Use non-slip floor mats on surfaces that tend to get wet.

Be safe and healthy on the job at  
with these helpful tips  
provided by **Coterie**.

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