

PLAYING IT

SAFE

Be safe and healthy on the job at with these helpful tips provided by PL&B Insurance

Avoiding Slips and Trips

Common restaurant accidents are easily preventable

Wet floors, spills and excess clutter in the kitchen can spell disaster for wait staff, hosts and cooks. Slips, trips and falls in restaurants cause thousands of workers each year to suffer lost pay and serious pain. Injuries range from sprained or strained muscles and joints, to broken bones and head injury. To ensure everyone's safety and well-being, take the following precautions.

Floors

- Keep floors clean and dry at all times. Wet floors present a slip hazard and can promote the growth of mould, fungi and bacteria.
- Remove all objects and clutter from aisles, exits and passageways.
- In the event that grease or oil spills on the kitchen floor, clean the mess immediately and alert other staff of the problem to avert accidental falls.
- Use floor or ceiling electrical plugs for power to avoid running a cord down a long hallway.
- Display warning signs to alert patrons and staff of a wet floor.
- Use floor mats while surfaces are drying after cleaning to provide traction.
- Clean up spills immediately.
- In areas prone to slipping, such as dishwasher and sink areas,

use a non-skid wax product to clean the floors.

- While washing the floor, wear protective footwear to prevent falling.
- Keep an eye out for uneven floors, and fix them or notify someone who can immediately.
- Stretch out bulging floor mats to prevent trips and falls.

Other Recommendations

- Use a ladder to reach items overhead rather than standing on small stools or boxes.
- Repair broken light fixtures and replace bulbs for adequate visibility in stockrooms, kitchen areas, entryways, etc.

Always Stay Alert

Adopt a "see it, sort it" attitude. If you notice anything that you think could present a slipping, tripping or falling hazard for you, staff or patrons, fix it or notify the manager immediately.



Unnecessary Injuries

60,000 Canadian workers are injured each year due to slip, trip and fall accidents. These injuries account for about 15 per cent of the "time-loss injuries" that were accepted by workers' compensation boards or commissions across Canada.

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