

PLAYING IT

SAFE

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

Food Preparation Precautions

Tips for preventing injuries while preparing food

Preparing food can be a very enjoyable and rewarding experience. But a busy kitchen can be a dangerous place as well. The ingredient needed to ensure your safety on the job? Practise an ounce of 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.



Know the Law!

Most provinces prohibit minors from working on a variety of jobs that are dangerous to their health. Be aware of laws for workers under age 18 before you allow a minor to operate, clean or adjust power-driven meat slicers, grinders, choppers, bakery mixers and other machines.

This flyer is for informational purposes only and is not intended as medical or legal advice.

© 2007, 2012 Zywave, Inc. All rights reserved.