

MBAA Safety Toolbox Talk



Kitchen and Restaurant Safety

Overview

2,200 brewpubs are now operating nationwide according to Brewers Association statistics. Many brewpub owners are familiar with food safety standards but may not think about injury prevention and how OSHA standards applying to kitchen staff, restaurant servers and bartenders.

Common restaurant injuries are:

- Sprains, strains, slips, trips and overexertion in lifting, bending, climbing, reaching and twisting
- Cuts, lacerations, and punctures from knives and cutting/slicing tools
- Heat, burns and scalds resulting from contact with hot objects, open flames or hot substances.
- Work-Related Violence - altercations with fellow workers and clients

OSHA Health and Safety Rules

Health and safety requirements vary. Check with your state's or OSHA's websites for specific requirements. IE; California requires restaurants to have their own Injury and Illness Prevention Program (IIPP) if it employs 20 or more employees. The state of Washington requires a safety committee if the establishment has 11 or more employees. Safety Data Sheets and chemical handling training is applicable to most workers -see MBAA Toolbox Talk on GHS.

Young Workers

Many youths' first work experience is in the restaurant industry. 30% of workers employed by restaurants and other food/beverage service businesses are younger than 20 and are twice as likely to be injured while being exposed to the same occupational risks as adult workers and are more likely to get hurt within the first 6 to 12 months.

Protecting Brewpub/ Kitchen Workers

Injuries can be prevented by following good safety practices.



Use anti-slip mats to prevent fall injuries.

Slips/Trips

Have a closed-toed shoe policy with slip resistant soles and low heels. A regular cleaning schedule and cleaning spills & splashes immediately are good practices. Nonslip floor matting (pictured above) can aid in injury prevention and by keeping mats clean and secure. Eliminate cluttered or obstructed work areas. Report to your supervisor any blind corners, problem floor surfaces, or hazardous areas.

Safe Knife Handling

Cuts/lacerations are common injuries in kitchens. 1. Keep knives sharp and let staff know when knives are sharpened, 2. Use a knife only for its intended purpose. 3. Always use a cutting board. 4. Carry knives with the point down and the cutting edge away from your body. 5. Store knives properly in racks, magnetic holders or use knife sheaths close to where they are used. At all times, be in control of your knife blade, your body, & the food you are cutting.

Preventing Burns

Burns can be prevented by wearing proper PPE such as long sleeves, long pants, the use of dry potholders, gloves/mitts, plus wearing sturdy footwear to protect your feet.

Follow safety practices by adjusting the burner flames to cover only the bottom of the pan and keeping pot handles away from burners. Avoid steam by opening lids away from you and use caution when removing items from the microwave.

Be attentive to grease as it is being heated. If you see wisps of smoke, turn down the heat and remove from burner to cool. Never use water to put out a grease fire. Smothering is the best practice for putting out small grease fires. Cover with a metal lid, cookie sheet or by using baking soda.

Safe Lifting, Carrying & Ergonomics

When moving/carrying material it is important to lift safely. 1. Use mechanical devices/carts or get help. 2. Use good body mechanics when lifting. Keep your head up, your back straight and lift with your legs not your back. 3. Bring the load as close to you as possible before lifting. 4. Keep the load directly in front of your body. 5. Move feet when turning to avoid twisting your back. 6. Lift at waist height with your elbows in and close to your body. 7. Limit lifting above shoulder level.

Safety Training and Culture

There are many training resources applicable to brewpubs. It is important to create a good safety culture.

- [CAL/OSHA Guide to Restaurant Safety](#)
- <https://www.youtube.com/watch?v=Y7D90UJbCg0&list=PL331BVFvRJ3L0k4sgERGMdIF4YMC7TC2&sns=em>
- [Washington State Guides to Restaurant Safety](#)
- [OSHA Grant Guide: Stay Safe in the Restaurant](#)

FOR MORE INFORMATION ON BREWERY SAFETY, PLEASE VISIT THE MBAA BREWERY SAFETY WEBSITE AT:
<http://www.mbaa.com/brewresources/brewsafety>