

Kitchen Hazards – Spotting Trouble

Lesson Description:

This lesson covers working safely in a school nutrition environment and the importance of personal responsibility to consistently identify workplace hazards. Practice based activities are used to identify work hazards that can lead to injuries in the kitchen and adjacent areas as well as the consequences of not taking action when a hazard is identified.

Lesson Objectives:

At the end of this lesson the participant will be able to:

1. Identify a variety of workplace hazards and the locations they most likely occur.
2. Understand they have a responsibility to identify hazards and to work safely.

STEP 1 – Can you “Spot” the Hazards?

Match the kitchen hazard(s) to the situations described below. **BIG Tip** – Answers may be used multiple times.

Potential Kitchen Hazards

A. Slip B. Trip C. Fall D. Sprain/Strain E. Cut F. Burn G. Chemical

- _____ Water spilled on the floor near sinks, steam tables, and dishwashers or in the freezer.
- _____ Bending over from the waist to lift cases/boxes, trash bags, or large mixer bowls.
- _____ Using cleaning products from another department or bringing them from home.
- _____ Cords on the floor in the cashier or serving areas are not covered or are too short to reach the floor.
- _____ Improper placement and/or use of foil or film wrap boxes.
- _____ Removing pans from ovens or steamers.
- _____ Using dull knives for food preparation.
- _____ Cleaning slicer or food processor blades.
- _____ Grease and/or food is spilled on the floor in food preparation and serving areas.
- _____ Double or triple the recommended amount of bleach is used to sanitize tables and work surfaces.
- _____ Reaching above chest height to retrieve boxes/cases or equipment.
- _____ Leaving boxes/cases or pallets in the aisles of the storeroom, shipping/receiving area, freezer, or cooler.
- _____ Twisting without moving feet to retrieve an item behind you.
- _____ Cleaning products are not stored in their original container and are not labeled.
- _____ Lifting more than 50 pounds without asking for assistance.
- _____ Removing heavy pans of food from the oven.
- _____ Using scissors to portion grapes or open boxes or cases.
- _____ Overloading a cart and pushing it to set up or supply food to a serving area.
- _____ Lifting film wrap or foil toward you when removing trays or pans of food from steamers, ovens, or microwaves.
- _____ Pushing heavily loaded hot holding equipment or transport carts to serving or loading areas without requesting help.

STEP 2 - Take a few minutes and discuss answers with the group.

STEP 3 – We have to “Look Out” for each other.

Review the chart below and **discuss the potential consequences** of not immediately identifying a safety hazard or correcting a safety hazard when you see it.

Hazard	Potential Consequences
<p>A co-worker doesn't notice water spills on the floor as she carries a pan to the steam table and organizes the serving line. The lunch bell will ring in five minutes and everyone is hurrying to get hot products out to other areas of the line.</p>	
<p>The staff has just completed a workplace safety class stressing the importance of proper lifting techniques. Many of your co-workers continue to bend from the waist to pick up pans stored below the prep tables, or to pick up cases stored on the floor in the cooler, storeroom, and freezer.</p>	
<p>Some of the pot holders in the hot food preparation area and on the serving lines have holes or are wearing thin.</p>	

STEP 4 - Take a few minutes and discuss answers with the group.

STEP 5 – Group Discussion - What are other hazards that are unique to a food service facility? How can these be prevented or reduced?

ANSWER KEY - Can you "Spot" the Hazards?

Potential Kitchen Hazards

A. Slip B. Trip C. Fall D. Sprain/Strain E. Cut F. Burn G. Chemical

- A B C D** Water spilled on the floor near sinks, steam tables, and dishwashers or in the freezer.
- D** Bending over from the waist to lift cases/boxes, trash bags, or large mixer bowls.
- G** Using cleaning products from another department or bringing them from home.
- B C D** Cords on the floor in the cashier or serving areas are not covered or are too short to reach the floor.
- E** Improper placement and/or use of foil or film wrap boxes.
- D F** Removing pans from ovens or steamers.
- E** Using dull knives for food preparation.
- E** Cleaning slicer or food processor blades.
- A B C D** Grease and/or food is spilled on the floor in food preparation and serving areas.
- G** Double or triple the recommended amount of bleach is used to sanitize tables and work surfaces.
- D** Reaching above chest height to retrieve boxes/cases or equipment.
- A B C D** Leaving boxes/cases or pallets in the aisles of the storeroom, shipping/receiving area, freezer, or cooler.
- D** Twisting without moving feet to retrieve an item behind you.
- G** Cleaning products are not stored in their original container and are not labeled.
- D** Lifting more than 50 pounds without asking for assistance.
- D F** Removing heavy pans of food from the oven.
- E** Using scissors to portion grapes or open boxes or cases.
- D** Overloading a cart and pushing it to set up or supply food to a serving area.
- F** Lifting film wrap or foil toward you when removing trays or pans of food from steamers, ovens, or microwaves.
- D** Pushing heavily loaded hot holding equipment or transport carts to serving or loading areas without requesting help.

ANSWER KEY - We have to “Look Out” for each other.

Hazard	Potential Consequences
<p>A co-worker doesn’t notice water spills on the floor as she carries a pan to the steam table and organizes the serving line. The lunch bell will ring in five minutes and everyone is hurrying to get hot products out to other areas of the line.</p>	<p><i>A co-worker may slip and fall, causing a serious injury such as a strained back, neck, knee, or shoulder.</i></p> <p><i>If the co-worker is carrying a hot pan from the oven or steam table and slips and falls, burns may occur in addition to the injuries mentioned above.</i></p> <p><i>If food is spilled it can’t be served and there is no time to prepare more before the first lunch. The serving line will be short handed as staff help the injured worker; clean up spills and prepare more food, resulting in co-worker frustration and customer dissatisfaction.</i></p> <p><i>An injury that keeps a co-worker off the job causes lost productivity and increased expenses to the child nutrition program due to the worker’s compensation claim costs and substitute employee costs. (This consequence is true for all examples).</i></p>
<p>The staff has just completed a workplace safety class stressing the importance of proper lifting techniques. Many of your co-workers continue to bend from the waist to pick up pans stored below the prep tables, or to pick up cases stored on the floor in the cooler, storeroom, and freezer.</p>	<p><i>One or more co-workers may sustain a strain or sprain.</i></p> <p><i>Other consequences from previous examples may also apply.</i></p>
<p>Some of the pot holders in the hot food preparation area and on the serving lines have holes or are wearing thin.</p>	<p><i>A burn may occur from hot pans or spilled food if a pan of hot food is dropped.</i></p> <p><i>Other consequences from previous examples may also apply.</i></p>