

# Fine Dining Safety Meeting Kit



When diners visit a restaurant, they are more concerned with the food quality and the beverage list than safety. Restaurant workers such as hosts, servers, and bussers share the responsibility to work safely together.

## PRINCIPAL HEALTH AND SAFETY HAZARDS FOR RESTAURANTS PERSONNEL

- Exposure to cleaning products and other chemicals.
- Musculoskeletal injuries from standing for long hours, working in awkward positions, or performing repetitive manual tasks.
- Lifting or carrying heavy trays or other objects.
- Risks of burns from dishes, meals or drinks that are hot.
- Noise exposure.
- Slips, trips and falls.
- Stress.
- Dealing with difficult or potentially violent customers.
- Bullying.
- Long hours of work or extended work days.
- Working alone, including working alone with money.
- Cuts from handling broken glassware.
- Fire or other emergencies
- Shift work
- Exposure to common viruses such as colds and seasonal influenza.

## GUIDANCE IN DEALING WITH FOOD SERVICE PRACTICES – BE PROACTIVE

### Cuts And Working with Knives

- All applicable staff should be trained in the proper use of knives BEFORE they start to work.
- Knives work best (and are actually safer) when they are sharper and well maintained.
- Always store knives with the blades covered.
- Never leave knives lying on counters or loose in sinks where they could fall or be accidentally grabbed.

- For high production cutting or slicing, be sure to wear puncture-proof gloves and a protective apron.
- Keep all machine guards in-place on electric slicers and ensure that all operation is carried out by authorized personnel only.

## **Fire Safety**

- All staff should be trained in fire safety and evacuation procedures.
- Keep adequate fire safety and suppression equipment within reach and ensure that fire extinguishers are suitable for all potential types of fires (grease, chemical, electrical, paper).
- Keep fire exits clearly marked and free of obstructions.
- Never leave ranges or stoves unattended while in use.
- Keep all cloths and aprons etc. away from hot surfaces or sources of flame.
- Keep range hoods and stoves free of grease build-up to the reduce the risk of fire.
- Do not overload electrical outlets, remove grounding pins from cords or use any unsafe equipment.

## **Burns & Scalds**

- Always use potholders to lift or move hot dishes.
- Give yourself enough room to move to avoid bumps and spills.
- Always stand back from equipment or containers that may release hot steam.
- Always wear long sleeves in the kitchen.
- Reduce water heater temperatures to avoid scalds.

## **Slips & Falls**

- Keep all floors, clean, dry and free of clutter.
- Footwear should have non-slip soles.
- Ensure that work areas have adequate lighting.
- Post signs or barriers to warn of wet or slippery floors.
- Use non-slip mats at workstations and in high traffic areas.

## **BEST SAFE FINE DINING WORK PRACTICES**

- Dress for your job with safety in mind.
- Choose low-heeled, secure shoes with a non-skid sole and an enclosed toe.
- Dress in light, layered clothing to allow for hot kitchen conditions or cooler dining areas.
- Talk to your supervisor about fire-resistant fabrics for kitchen work.
- Practice safe lifting techniques.
- Follow company safety rules.
- Know how to report a hazard and near miss.
- Follow good housekeeping procedures.
- Work safely with chemicals according to recommended practices.
- Select the correct personal protective equipment.
- Keep a mobile phone or other alternative means to contact a designated person when working alone.

## **FINAL WORD**

Servers, table wait staff, hosts and hostesses, bus boys, chefs and cooks, dish washers and other food hospitality staff point a composite picture of what goes into in delivering to you diners a fine food dish. One breakdown in the chain of custody and delivery of that special meal can mean a near disaster for diner, owners and staff.