Slight kitchen burns are common enough that they are too often considered a minor risk. Unfortunately, careless attitudes towards cooking safety do result in injuries, including painful and severe burns. Train your employees to follow basic safety practices to prevent burns – big and small – at your workplace.

In your training session:

1. Ask your employees to describe the common burn hazards they face on the job, such as:
   - Stovetops and ovens
   - Equipment (deep fat fryers)
   - Steam burns
   - Hot oil or grease
   - Hot dishes (especially for servers)

2. Demonstrate what kind of personal protective equipment is required in the kitchen for certain tasks, including:
   - Long-sleeved cotton shirts
   - Fitted cotton pants
   - Oven mitts and potholders
   - Knee-length aprons
   - Close-toed, non-slip shoes

3. Train employees on how to safely use equipment, providing refresher trainings periodically as needed. Keep records of training dates, content and attendees.

4. Review best work practices to avoid burns. Examples may include:
   - Lifting pot lids away from your face using an oven mitt or pot holder
   - Adding ingredients to boiling water carefully to avoid splashing
   - Using oven mitts and potholders to handle pots and pans, always assuming that they could be hot
   - Transporting hot objects carefully, including getting help for heavier items
   - Warning surrounding workers when you are transporting hot objects
   - Positioning pot handles so that they cannot be accidentally bumped
   - Only cleaning vents over grills when the grills are cool
   - Never overfilling pots and pans or overcrowding stovetops
   - Never pouring water or ice into hot oil
   - Using care when adding frozen food to hot oil to prevent splattering
   - Never leaving hot oil or grease unattended

5. Review your company’s written Emergency Action Plan for what to do if there is a fire. Consult OSHA Standard 1910.157 to make sure your plan is in compliance with industry requirements.

For more information on kitchen burns, check out OSHA’s “Young Worker Safety in Restaurants” eTool and our bilingual Restaurant Safety Pocket Guide. To request free copies of our spiral-bound pocket guide, Contact Us or ask your Safety Management Consultant.

VOCABULARY

Burn (n) – Quemadura [kay-mah-DOO-rah]
Burn (v) – Quemarse [kay-MAR-say]
Fire – Fuego [FWAY-goh]
Fire Extinguisher – Extintor de fuego [aiks-teen-TOR day FWAY-goh]
Fryer – Freidora [fray-DOH-rah]
Grease – Grasa [GRAH-sah]
Hot – Caliente [kah-LYEN-tay]
Oven mitt – Agarradera [ah-gar-rah-DEH-rah]
Steam – Vapor [vah-POR]
Stove – Estufa [ace-TOO-fah]

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(Name of Company) views keeping its employees safe as a first priority. We aim to ensure that all of our employees recognize workplace hazards in the restaurant industry. Upon completion of a burn prevention training, we require all of our employees to agree to follow certain safety rules to protect themselves from unnecessary risks.

Please read and initial the following statements to indicate that you understand and agree.

- I will use all personal protective equipment required of me for tasks involving burn hazard exposure.

- I will observe the following best practices for burn prevention:
  - Lifting pot lids away from my face, using an oven mitt or pot holder
  - Adding ingredients to boiling water carefully to avoid splashing
  - Using oven mitts and potholders to handle pots and pans, always assuming that they could be hot
  - Transporting hot objects carefully, including getting help for heavier items
  - Warning other workers when I am transporting hot objects
  - Positioning pot handles so that they cannot be accidentally bumped
  - Only cleaning vents over grills when the grills are cool
  - Never overfilling pots and pans, or overcrowding stovetops
  - Never pouring water or ice into hot oil
  - Using care when adding frozen food to hot oil to prevent splattering
  - Never leaving hot oil or grease unattended

- I have received training on what to do in case of a fire. I understand that if I feel my life is in danger, my first priority is to safely evacuate.

I, __________________________ (Employee Name), understand and agree to follow the aforementioned safety policies. I understand that violating any of these rules may affect my position here at the company, up to and including termination of employment.

Name: __________________________ Date: __________________________

Signature: __________________________
(Name of Company) considera la seguridad de sus empleados como algo de primera importancia. Tenemos como propósito asegurar que todos nuestros empleados reconozcan los peligros ocupacionales en la industria de alimentos y bebidas. Tras cumplir nuestra capacitación sobre la prevención de quemaduras, requerimos que nuestros empleados firman un acuerdo en el cual acepten unas condiciones de mantenerse a salvo durante actividades peligrosas.

Lea cada de las frases que siguen. Firme si entiende y se decide a seguirlas.

Firma

- Usaré todo el equipo de protección personal requerido de mí para las tareas que conllevan riesgos de quemaduras.

- Observaré todas las siguientes buenas prácticas para la prevención de quemaduras:
  - Levantando las tapas de olla en dirección contraria de la cara, usando una agarradera
  - Añadiendo ingredientes al agua hirviendo con cuidado para evitar las salpicaduras
  - Usando agarraderas para manejar las ollas y cacerolas, suponiendo siempre que podrían estar calientes
  - Moviendo objetos calientes con cuidado, incluso pidiendo ayuda para cosas más pesadas
  - Advirtiendo a los demás trabajadores cuando estoy moviendo objetos calientes
  - Colocando las asas de cacerolas para que no se puede chocar contra ellas por accidente
  - Solo limpiando los respiraderos de las parillas cuando las parillas no están calientes
  - Nunca llenando a rebosar las ollas, las cacerolas o las hornillas
  - Nunca poniendo agua o hielo en aceite caliente
  - Teniendo cuidado al poner comida helada en el aceite caliente para evitar que se salpique
  - Nunca dejando sin supervisión al aceite o a la grasa calientes

- He sido capacitado(a) en qué hacer en caso de un incendio. Entiendo que si yo siento que mi vida está en peligro, mi primera prioridad es evacuar.

Yo, (Nombre del empleado), entiendo y acepto las antedichas reglas de seguridad. Entiendo que una violación de cualquier de estas reglas podría acarrear acciones disciplinarias, incluyendo la terminación del contrato laboral.