



Restaurant Worker Safety Safety Training Checklist

Research indicates that the most frequent types of injuries sustained by workers in the restaurant industry are lacerations, burns and musculoskeletal sprains and strains. Being aware of these common hazards enables organizations to adopt a proactive strategy to reduce risks. Utilize the following checklist and consider implementing targeted training in these key areas to promote worker safety and minimize overall costs and loss incidents.

Cuts, Punctures and Scrapes

- ✓ Use cut-resistant gloves when handling knives or slicers.
- ✓ Keep knives sharp and store them properly, keeping cutting edges covered.
- ✓ Clean up broken glass immediately using appropriate tools.
- ✓ Never leave sharp tools in sinks or hidden under items.
- ✓ For cleaning, place knives in a container labeled "For knives only."
- ✓ Use knife holders or racks on worktables versus placing knives on the counter.

Burns and Scalds

- ✓ Wear heat-resistant gloves when handling hot pans or trays.
- ✓ Turn pot handles inward to prevent accidental spills.
- ✓ Use caution when working near fryers and steamers.
- ✓ Label hot surfaces and liquids clearly.

Trips, Slips and Muscle Strains and Sprains

- ✓ Use proper lifting techniques: bend the knees, not the back.
- ✓ Avoid twisting while lifting heavy items.
- ✓ Take breaks during repetitive tasks.
- ✓ Ask for help when lifting or moving heavy objects.
- ✓ Clean up spills immediately and use wet floor signs or cones.
- ✓ Always wear non-slip, waterproof footwear.
- ✓ Keep walkways and work areas free of clutter.
- ✓ Report and repair uneven flooring or damaged mats promptly.
- ✓ Use non-slip mats in slippery areas such as the dishwashing area or beverage center.



Visit [OSHA.gov](https://www.osha.gov) or the following links for restaurant-related safety resources and employee training opportunities, or contact a Celina Insurance Group Loss Control Consultant for assistance.

OSHA Resource Site: Young Workers – Restaurant Safety
(offers training focused on youth workers, but good for all employees)

[osha.gov/young-workers-restaurant-safety](https://www.osha.gov/young-workers-restaurant-safety)

OSHA Fact Sheet: Preventing Cuts and Amputations from
Food Slicers and Meat Grinders

[osha.gov/sites/default/files/publications/OSHA3794.pdf](https://www.osha.gov/sites/default/files/publications/OSHA3794.pdf)



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