



Good Day Everyone! I hope you are all well and safe. On this session you will learn to. Specific objectives are as follows:

Objectives

At the end of this Chapter, you are expected to be able to:

1.

Please be guided with the following:

1.
 - First read Information Sheet 4.1: **Preventing Accidents and Injuries**
 - Perform Course Activity 4.1

2. Please do not write anything on this module, Use notebook or papers as your Answer Sheet.

3. Submit Your Activities on shared Google drive. Details will be sent through our Group Chat box.

Just in case you have further question or clarification you may send your message on our Group Chat, Private Message or my Cell No. _____

Thank you so much and God bless students.

Best Regards



Information Sheet 4.1

Preventing Accidents and Injuries

Have you ever been injured at work? Workplace injuries are a lot more common than you might think and decided to identify the hazards and provide some timely tips on how to improve kitchen safety.

Workplace safety is of paramount importance. Hazards exist in all workplaces in every industry, risk assessments and hazard management is designed to lower those workplace risks. How we manage those risks as business owners or employees dramatically impacts on the overall safety within our workplace.

The foodservice industry, like other industries, is required to meet compliance guidelines set by Safe work to ensure workplace safety for both employees and the customers we serve.

Commercial kitchens have numerous hazards which, when not managed correctly result in severe injury or loss of life. [Safework Australia reports](#) that 6% of all workplace injuries occur in cafes, restaurants, pubs, taverns and bars.

Although risks impact on all age groups, young workers, in particular, are at risk. Common injuries amongst workers include musculoskeletal, open wounds and burns, followed by contusion/internal injury, fractures and injury from an external foreign body.

Whether you are a chef, [kitchen hand](#), waiter or waitress, kitchen hazards are real. Let's take a look at those risks in more detail.

Common Kitchen Hazards Injuries

With over 500,000 workplace injuries occurring annually in Australia and 6% within the [foodservice industry](#), knowing the potential hazards and how to avoid them could save you or one of your colleagues from unnecessary harm.

Reference: <https://www.norris.com.au/blogs/news/reduce-workplace-hazards>



Here are the top 10 injuries you'll want to avoid which plague commercial kitchens, they are:

- Knife cuts
- Burn hazards
- Injury from machines
- Slips, trips and falls
- Lifting injuries
- Head & eye Injuries
- Crowded workspace risks
- Chemical hazards
- Fire hazards
- Electric shock

Knife injuries in the workplace

Most injuries are often the result of using the wrong knife for the job or a dull blade; we recommend watching this timely video on [how to prevent knife cuts](#).

Some highlights from the video and the [Safework](#) website include:

- Keep knives well maintained and sharp - as dull blades will more easily slip off food and into your finger.
- Always use the correct knife for the job.
- Cut away from your body when trimming or deboning.
- Knives should be comfortable to use and easy to grip.
- Do not leave knives in washing water and return immediately to storage holders such as a bag or magnetic strip directly after use.
- When carrying knives point the blade downwards
- Use last slice devices to prevent injury.
- Avoid holding conversations while cutting, focus on your task.

The above safety tips are the easiest way of avoiding knife injuries.

Burn Hazards

Burn hazards are an undeniable threat in the kitchen. Hot surfaces, direct flame and [working with hot oils](#), handling hot pots, pans and trays all provide an opportunity to inflict serious injury.

Reference: <https://www.norris.com.au/blogs/news/reduce-workplace-hazards>



Burns occur with direct contact with flames, electricity and chemicals. Scalding results from direct contact with hot liquids like boiling water, steam and oils used for cooking.

Protective clothing is essential to guard against the ever-present threat of injury, eyewear and heat-resistant gloves and aprons are the best protection against injury from oil splatter.

Degrees of burns

A qualified medical practitioner should access all burns. Below are the three degrees of burns;

- First-degree - mild damage present on the outer layer of skin, redness of the skin, painful but no blistering.
- Second-degree - caused by direct contact with flame or hot liquids - symptoms are redness, blistering, swelling and pain. Burns can appear white (due to blistering) risk of infection is possible.
- Third-degree - both the outer and inner layers of skin are destroyed, damage to bone, muscles and tendons can occur. Burnt skin can be white, black or yellow, and have a stiff, dry, leathery feel. Often the burn victim will not feel pain in the burn area due to nerve damage and may require skin grafts and intensive care to ward-off risk of infection.

Simple ways you can minimize accident risks;

- Avoid overcrowding in the kitchen area; often, spills are the result of direct contact with another individual.
- Ensure staff have proper training in how to handle hot items and appliances.
- Turn pot handles inward to avoid accidental spillage by passers-by and avoid placing handles over heat sources.
- Ensure that spills are immediately cleaned up and wear footwear with slip-resistant properties.
- Add a gravity feed chute from the deep-fryer to avoid direct handling of hot oils.
- Use a trolley to carry or serve hot liquids or crockery.
- Wear heat-resistant clothing.
- Install serving windows to keep serving staff out of the kitchen.
- Keep all equipment well maintained

Reference: <https://www.norris.com.au/blogs/news/reduce-workplace-hazards>



- Develop safe systems
- Ensure staff have training in first-aid techniques.

Chemical Hazards

It is essential to understand the different use-cases of certain types of chemicals and sanitizers and the dangers if not used correctly. Check with your supplier as to any limitations or handling hazards and ensure;

- All chemicals are stored in a secure and dry location.
- All bottles are clearly marked.
- Eye protection and gloves are worn.

Did you know that 3% of all workplace injuries occur from cutting, slicing and sawing? Working with machines has its associated risks, but there are steps you can take to lower those risks and avoid unnecessary injuries, they are;

- Ensure adequate training for all staff.
- Do not operate machinery if you are tired, ill or under the influence of alcohol or medication.
- Ensure you have adequate space and not likely to be knocked by other staff while operating machinery.
- Do not operate machinery with loose clothing or unbound hair which may likely become tangled in the machine. If the manufacturer has fitted guards, make sure you and your team know how to use them.
- Ensure emergency safety switches are within easy reach should your clothing become snagged or injury occurs.
- Remove all potential trip and slip hazards around your work area.

Slips, trips and falls

Trips and falls account for 16% of all workplace injuries within the foodservice industry and occur on the same level.

The majority of accidents appear to be mostly preventable with most injuries resulting from liquid spills, wet or overly polished floors and uneven surfaces.

Reference: <https://www.norris.com.au/blogs/news/reduce-workplace-hazards>



Common causes of trips, slips and falls are;

- Wet or slippery surfaces
- Uneven or deteriorated floor surfaces
- Stepped floors or raised doorways
- Obstructions in walkways

Simple safety measures to avoid accidental falls;

- Report any potential hazards to management immediately.
- Take immediate steps to clean spills immediately.
- Block access to wet areas and use of cautionary signage.
- Install transition ramps to overcome variations in floor heights, raised doorways or sliding door frames.
- Keep walkways clear of deliveries, empty boxes, crates, bins, cleaning or catering equipment at all times.
- Consider installing non-slip floor covering in any potential spill or wet areas.
- Wear non-slip footwear.

Head & eye injuries

Some simple preventative steps would help reduce the occurrence of injury by;

- Mount shelves high enough so as not to represent an injury hazard as staff go about their daily routine.
- When accessing confined spaces, take note of objects and potential dangers around you.
- Ensure protective clothing and eyewear is worn, such as goggles or full-face guards when handling hot oils or chemicals.
- When moving objects, exercise caution to limit the potential of injury to others around you.

Crowded workspace risks

Muscle strains and musculoskeletal damage can occur at any time; injuries often happen due to;

Reference: <https://www.norris.com.au/blogs/news/reduce-workplace-hazards>



- Overexertion - incorrect lifting of heavy objects.
- Overextension - overreaching while handling items.
- Repetitive injuries - injuries due to muscle overuse or bad posture.

The best injury prevention is to know your limits, keep correct posture, use a step ladder to avoid overreaching and where possible use equipment to limit the risk of overexertion.

Worksafe provides a guide on [manual tasks](#) and how you can reduce sprains and strains at your workplace.

Fire hazards

Primary fire hazards in commercial kitchens are;

- Gas ranges
- Grills
- Hot plates
- Ovens (electric and wood-fired)
- Deep-fat fryers
- Charcoal heaters
- Combustible residues in exhaust ducts
- Cleaning fluids

Accidents often occur due to inadequate supervision, training or mismanagement, some examples are;

- Equipment left on without supervision.
- Gas blow torches used for browning some dishes.
- Faulty thermostats or defective equipment.
- Failure to clean or follow regular equipment maintenance schedules.

Staff should be aware;

- Keep power leads of the floor area to avoid damage.
- Do not use faulty equipment or equipment with frayed or damaged power cord.
- Do not plug in equipment with wet hands.

Reference: <https://www.norris.com.au/blogs/news/reduce-workplace-hazards>



- If electrocution occurs - do not touch the victim until the power source has been turned off.
- Report faulty equipment.

Course Activity 4.1

Free Activity

Instruction:

- Read and Understand the instruction carefully
- Use Yellow Paper as Your Answer Sheet
- Do not Write anything on this module

Name:	
Set:	Contact No.
What are the Top 10 Injuries you should avoid in the kitchen?	

