

# COMMON KITCHEN ACCIDENTS AND HOW TO AVOID THEM



Some of the biggest and most dangerous accidents happen in the kitchen. Think about it: There can be extremely hot and cold temperatures and dangerous kitchen equipment. Kitchen safety begins with understanding the potential risks and taking the right steps to avoid them. Use our kitchen safety tips infographic to educate both employers and employees alike.

## COMMON ACCIDENT #1: SLIPS AND FALLS

All commercial kitchens are working with various substances on a daily basis. Sometimes, liquids end up on the floor. This can cause workers to slip, fall and get hurt badly.

### 4 MAIN REASONS FOR SLIPS AND FALLS:



WET FLOORS



UNEVEN GROUND



BAD LIGHTING



TRIPPING OVER AN OBSTRUCTION



### HOW TO AVOID SLIPS AND FALLS

- 1 Invest in non-slip mats for areas subject to spillage.
- 2 Ensure that floors get routine and efficient cleaning to reduce the potential for trips and falls.
- 3 Make sure your employees are wearing the right work footwear.
- 4 Get the proper signage to inform everyone when there is a spill or change in flooring.



## COMMON ACCIDENT #2: CUTS AND BURNS

Let's face it, no kitchen could run without **sharp knives, glassware or heating appliances**. Because of that, the **potential risk for cuts or burns** is **EXTREMELY HIGH** in commercial kitchens.



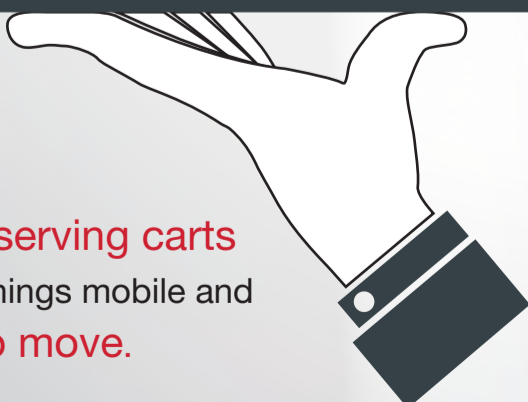
To prevent a trip to the hospital, make sure that your employees are trained on all fronts — from operating equipment to how to safely hold a hot tray.



**TIP:** Because cuts and burns are common but range in severity, make sure **everyone in your kitchen is trained** in basic first aid.

## COMMON ACCIDENT #3: STRAINS AND SPRAINS

**TIP:** Consider **serving carts** to make things mobile and **easier to move**.



**Heavy lifting** happens everywhere, even in a kitchen. In fact, waiters, waitresses and bussers are at **high risk** for sprains and strains because of their daily tasks. Be sure to **provide the proper training** on how to safely carry and lift heavy items.