

FOOD SERVICE SAFETY

INFORMATION AND RESOURCES ON THE DANGERS OF WORKING IN FOOD SERVICE

Kitchens are full of occupational hazards. There are many laws and regulations that cover safety in kitchens. This fact sheet addresses the hazards commonly found in kitchens that are covered by the Department of Labor. This fact sheet does not address food safety or Department of Health regulations.

Hazards

- Chemical hazards from sanitizers, cleaning agents, freon, fire suppression gases.
- Fire from flammable ingredients and heat sources.
- Burns while cooking, prepping, and cleaning.
- Heat stress, all kitchens are hot.
- Cuts and Lacerations from knives, slicers, cans, and other sharp objects.
- Slips, trips and falls, kitchen floors are typically wet and full of obstructions.
- Lifting and repetitive strain injuries from lifting cases of meat, produce, full stock pots and other heavy items.



EMPLOYER REQUIREMENTS/CONSIDERATIONS

First Aid

Many of the hazards above are treated with first aid. 29CFR1910.151 requires employers that don't have an infirmary, clinic, or hospital in near proximity to the workplace must have:

- A person or persons who are adequately trained in first aid.
- Adequate first aid supplies must be readily available.
- If the eyes or body could be affected, they must have quick drenching (eyewash) station available.
- Employees who are exposed to blood and bodily fluids as part of their job must receive Bloodborne Pathogens training. For more information CSEA's Bloodborne Pathogens fact sheet.

It is important to also monitor for signs of *heat related illness*. If you suspect a heat related illness move the worker to a cool place and administer cool water slowly.

Beyond First Aid

Chemical and other hazards must be communicated to affected employees and all must be trained annually. Your employer must provide you with the safety data sheet (sds) within one work-shift upon request. The SDS will outline signs and symptoms of exposure, safe use and storage and other vital information.

Fire prevention and emergency action plans are also required to ensure worker safety. For more information see the CSEA fact sheets on Fire Prevention and Emergency Action Plans.

Walking and working surfaces must be kept clean and orderly and in as much as possible kept dry. Drainage, mats or other platforms may be used to where practical. [Sub-part D Walking and Working Surfaces of 29CFR1910]

Ergonomic injuries from lifting heavy objects or from repeatedly performing the same motion require a long time to heal and often can be reduced or eliminated by proper arranging stored items and utilizing assistive devices. Ergonomic hazards are not directly regulated but can be enforceable under the General Duty Clause. Contact your OSH Specialist for more information.

For more information and resources visit:

www.cseany.org/safety



Subscribe to our newsletter:



Knowledge is power—but collective action saves lives.

At CSEA, transforming knowledge into action is central to our mission of protecting workers. When hazards and close calls are documented and reported, they can be addressed before they cause harm. That's how we prevent injuries and illnesses—by making sure problems don't get ignored. Your voice and vigilance are essential. Now more than ever, we need your help to ensure every workplace is safe, healthy, and accountable.

THE LIFE YOU SAVE COULD BE YOUR OWN!