

Work Safe!

Restaurants



**Prevent Cuts, Burns,
and Injuries**

Work Safe!

“ Keeping a safe and healthy workplace is part of running a successful business. Workplace accidents cost money. ”

Kenny, Restaurant Owner

Things Owners and Managers Can Do

- Show workers how to do their jobs safely.
- Check the restaurant for unsafe conditions each day.
- Fix hazards on the spot:
 - Clean up spills quickly.
 - Install non-slip mats in dishwashing and cooking areas.
 - Keep guards on all slicers, grinders, and mixers.
- Give bike delivery people safety equipment and training.
- Be ready for emergencies:
 - Keep a first aid kit in a place that is easy to reach.
 - Train someone in first aid.
 - Post emergency numbers.
- Know the law:
 - Federal law requires employers to keep a healthy and safe workplace.
 - State law requires employers to carry Worker Compensation and Disability Insurance.





Things Workers Can Do

Prevent Cuts

- Use knives safely.
- Keep knives sharp and store them properly.
- Keep hands away from slicers, grinders and mixers, and use machine guards.

Prevent Burns

- Always cool hot oil before handling.
- Use potholders, oven mitts, or dry towels to hold or carry hot items.
- Keep your face and hands away from steam.

Prevent Injuries

- Clean up spills quickly.
- Wear slip-resistant shoes.
- Lift safely (see back cover for tips).

“ When you're busy it's a dangerous time but you have to take care of yourself. ”

Shirley, restaurant worker

Protect Your Back—Lift Safe!

Safe Lifting Tips

- Bend at your hips and knees to lift—don't stoop.
- Keep back straight and avoid twisting while lifting.
- Keep your head up and the load close to your body.
- Use “hand holds” on boxes.
- Get help moving large or heavy items.



“ Always ask for help
with heavy loads. ”

Matey, Sous Chef

For more information, please call 311.



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THE NEW YORK CITY DEPARTMENT
of HEALTH and MENTAL HYGIENE

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