



## Restaurant Safety Training Program

**All employers need to provide health and safety training and a safe workplace. Our program helps by offering:**

- **Free interactive workshops in English and Spanish** for workers and owners.
- **Materials in English, Spanish and Chinese** for training workers, including tip sheets with practical suggestions for dealing with specific hazards.
- **Technical assistance and small business safety resources**—easily accessible at [www.lohp.org/projects/small-business/index.html](http://www.lohp.org/projects/small-business/index.html)

For more information, contact us at 510-642-5507  
Labor Occupational Health Program at UC Berkeley

[www.lohp.org](http://www.lohp.org)



# Tips on Worker Safety



For restaurant workers and owners

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PHOTOGRAPHY BY GRETCHEN DUNN

# Most restaurant injuries can be prevented.

The most common injuries for restaurant workers are **sprains** and **strains** (like a hurt back or shoulder), **cuts**, **bruises** and **burns**. Follow these tips to stay healthy and safe.



## Burns and Hot Stuff

- Use mitts or pot holders.
- Don't stand too close or lean over hot oil or steam.



## Lifting and Carrying

- Use your legs and keep your back straight. Avoid twisting.
- Get help to lift heavy items.
- Use a cart to move dishes or supplies.



## Slips and Falls

- Use anti-slip mats and anti-slip shoes that are closed-toed.
- Fix leaks to avoid wet floors.



## Knives

- Keep the knives sharp and use the right knife for each task.
- Tuck in fingers on hand holding the food.



## Good Communication

- Talk to each other to plan how to do tasks safely.
- Employers who encourage workers to report safety problems and suggest solutions will have a more effective safety program.