



# Hospitality Safety

*Avoid Burns When Cooking*

## Implement Proper Procedures

- Use tongs and oven mitts to remove hot items.
- Open ovens or steamers by standing to the side, keeping the door between you and the open steamer.
- Open the top steamer first when steamers are stacked, and then the lower one to prevent being burned from the rising steam.
- Be aware of hot objects and substances as well as open flames.
- Don't reach above ovens or steamers while removing food.
- Adjust burner flames to cover only the bottom of the pan. Avoid overcrowding on range tops.
- Check hot foods on stoves or in the microwave carefully. Uncover a container of steaming materials by lifting the lid open away from your face.
- Do not clean vents over grill areas if the grill is hot  
Clean vents the next morning before turning on for the day.
- Ask for help when moving or carrying a heavy pot of hot liquid off the burner.
- Never put water or ice into the fryer; this may cause a flare-up.

OSHA notes: Deep fryers are the leading cause of burns for kitchen and food service workers. They can reach temperatures in excess of 400° F

## Wear Appropriate Apparel

- Wear long-sleeved cotton shirts and pants when cooking  
A clean, dry, properly worn apron or uniform can protect you from burns and hot oil splashes.
- Make sure the gloves being used are dry, in good condition and suited for the task at hand.
- Do not cook without wearing protective clothing, even in hot temperatures or environments.
- Use oven mitts or pot holders when handling hot items.
- Always assume that pots, pot handles, and utensils in pots are hot and use oven mitts when handling them. Use long gloves for deep ovens.
- Allow hot oils/liquids to cool before draining, filtering or transferring  
If you must filter or change out hot oils, wear proper safety glasses or face shield, along with a protective apron and gloves.
- Wear sturdy footwear that is slip-resistant and not canvas or open-toed to protect the feet in case hot liquids are spilled on shoes.

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Please contact the Loss Control team at:  
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