

- Glasses, bottles, and dishware should not be stored above or near ice machines or food preparation areas. If something breaks, glass can get into the ice or food that will be served to guests.

[fast fact]

Did You Know...?

Cuts and burns to hands on the job cost an estimated \$300 million a year, according to *Nation's Restaurant News*.

Using Knives Safely

Knives are a standard tool in the kitchen, but they can be very dangerous if not handled properly. Each type of knife has a specific use. Sharp knives are much safer than dull ones. They cut more evenly, with less work, and provide more control. While walking through the kitchen, always hold the knife with the tip pointing down and close to your side. Verbally alert others when carrying a knife through the kitchen or foodservice facility. Knife skills will be covered in more detail in *Chapter 4: Kitchen Essentials*.

Essential Skills

Safe Knife Handling Practices

- ① Keep knives sharpened. A sharp blade cuts more evenly and with less force than a dull blade. See Figure 3.21a.
- ② Never touch sharp edges of knife blades.
- ③ Use a knife only for its intended purpose.
- ④ Place a damp cloth (or nonskid mat designed for this purpose) under a cutting board to help prevent the board from slipping.

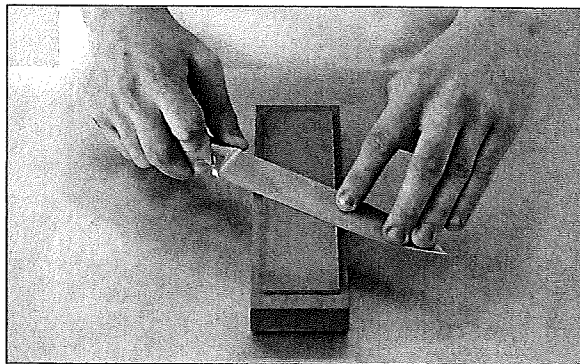


Figure 3.21a: Step 1—Use a sharpening stone to keep knives sharp.

- ⑤ Stop cutting and place the knife down on a flat and secure surface if an interruption occurs.
- ⑥ Never leave knives soaking under water.
- ⑦ Never try to catch a falling knife; step out of its way.
- ⑧ Carry knives with the cutting edge angled slightly away from your body. See Figure 3.21b.

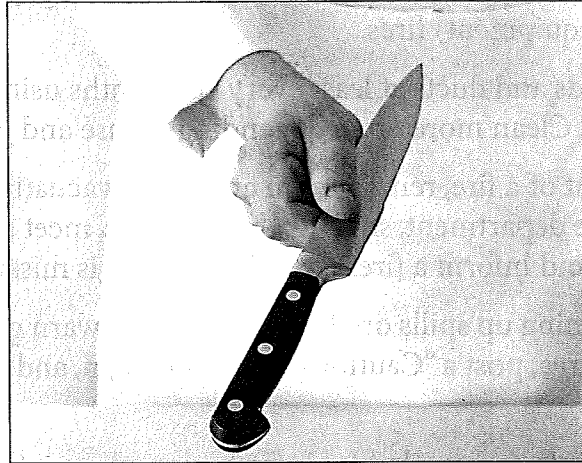


Figure 3.21b: Step 8—Carry knives properly, with the cutting edge away from your body.

- ⑨ To pass a knife, place it down on a sanitized surface, and let the other person pick it up by the handle.
- ⑩ Store knives properly in racks, scabbards, or sheaths. See Figure 3.21c.

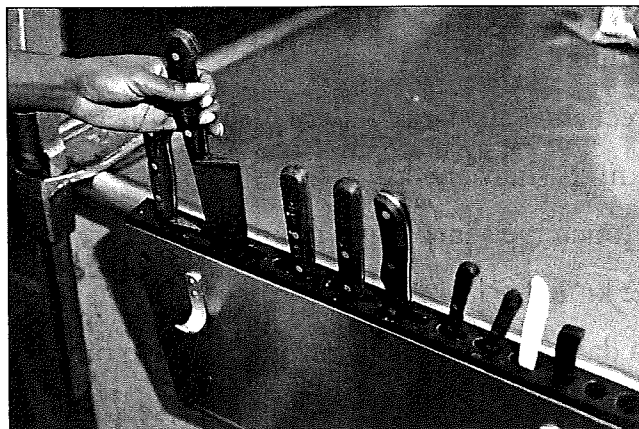


Figure 3.21c: Step 10—Store knives in racks.

Steel-mesh gloves protect hands from blades and knives, just as rubber work gloves can protect hands from hot dishwashing water and cleaning chemicals.

Summary

In this section, you learned the following:

- Frayed cords, plugs with same-size prongs, too many plugs in an outlet, cracked switchplates, cracked receptacle plates, ungrounded plugs, and ungrounded outlets are electrical hazards that contribute to accidental fires.
- The different classifications of fires and fire extinguishers are class A (wood, paper, cloth), class B (flammable liquids, greases, gases), and class C (live electrical equipment) fires.
- Clean hoods and ducts at least every six months using a qualified cleaning contractor. Clean more often depending on use and grease buildup.
- In the event of a fire, remain calm and start evacuating people immediately, call the fire department, shut off the gas valve, meet at the designated assembly point, and inform a firefighter if someone is missing.
- When cleaning up spills on the floor, verbally warn guests and employees, block the area, post a “Caution–Wet Floor” sign, and direct people around the spill.
- The safest way to use a ladder is for two employees to work together. One person should hold the bottom of the ladder and the other should climb up and pass or receive items.
- Proper lifting steps include establishing a solid footing, aligning the body, making the lift, and setting down the load. Proper carrying procedures include looking for any hazards, using the whole hand to grip the load, keeping the load close to the body, keeping stomach muscles firm and tucking in the lower back, and moving the feet instead of twisting at the waist when turning.
- The correct and safe use of knives includes the following:
 - Keep knives sharpened.
 - Never touch the sharp edges of knife blades.
 - Use the knife for its intended purpose.
 - Place a damp cloth under a cutting board to prevent slipping.
 - Stop cutting and place the knife on a flat, secure surface if interrupted.
 - Never leave knives soaking under water.
 - Never try to catch a falling knife.
 - Carry knives with the cutting edge angled slightly away from the body.
 - Store knives in proper racks, scabbards, or sheaths.

Section 3.2 Review Questions

- ① List the three classes of fires. What type of extinguisher should be used on each?
- ② What can you do to prevent slips, trips, and falls in a restaurant or food-service establishment?
- ③ Describe the proper way to lift heavy objects.
- ④ Name three sharp hazards you are likely to find in a kitchen.
- ⑤ Flory Doyle of EcoSure notes that workplace safety helps employees to be more efficient in their workspace. Do you think that this is true? Provide two examples that show how workplace safety helps employees to be more efficient.
- ⑥ If Chef Jean hires two novice chef's assistants, what should he do to minimize the possibility of cuts in the kitchen?
- ⑦ How can burns be prevented in a professional kitchen?
- ⑧ Create four scenarios in which a fire breaks out in a restaurant or food-service establishment. For each, determine the course of action and type of fire equipment to be used. How could you have prevented each fire?

Section 3.2 Activities

1. Study Skills/Group Activity: Workplace Safety Poster

Work with two other classmates to create a poster about workplace safety. The poster could cover how to handle knives, how to carry heavy loads, or other potential hazards.

2. Activity: Preventing Injuries

Identify six ways you can help prevent customer injuries in your restaurant. What training will your employees need to protect guests?

3. Critical Thinking: Employee PPE

You manage a large cafeteria. What personal protective equipment (PPE) should you distribute to which employees? What PPE do you require them to have?