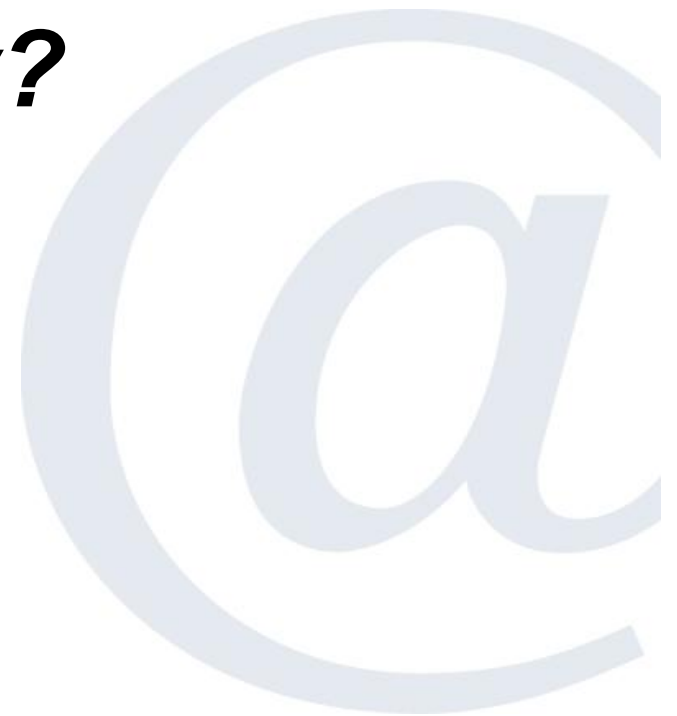


Kitchen Hazards

What are they?



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Knife Safety

- Cut away from your body
- Always keep your knives sharp
- Store knives where they can be seen (magnetic wall rack)
- Load into dishwasher blade down
- Transfer a knife by placing it on a surface to be picked up
- Personal protective equipment

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You Can Prevent Injuries



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Slip-Trip-Fall

- Wet or slippery floors
 - Water, ice, salad dressing, tomato slices
- Uneven or poorly maintained surfaces
 - Torn flooring, poorly cleaned, ramp-ways
- Obstructed walkways
 - Improper storage, empty cardboard boxes in walkways
- Inadequate lighting
 - Burned out light bulbs, insufficient number of lights
- Improper shoes
 - Worn-out sole

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Manual Material Handling

- Don't try to stretch for things above your head or out of reach
 - Use a step stool to reach objects above your shoulders - In addition to more back support, this also reduces the risk of accidental head injury from a falling object
- When stacking objects, keep the stacks below the shoulders and above the knees; waist level is best
 - Things in this range will be easy to reach and move and cause less stress on the body
- When carrying stacks, make sure you can see what's ahead.
 - Otherwise, the chance of trips or falls is greater
- Avoid twisting as you move objects from one place to another
 - If you have to turn while lifting, move your feet, not just your hips or shoulders; turn your whole body

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Burns



- Open Flame
- Hot Oil Cooking
- Grease Platter
- Hot Food or Plates
- Hot Utensils

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Prevention

- No loose clothes
- Wear PPE
- Food handlers have right-of-way
- No booby-traps



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Risk & Safety Management Contact

If you have any questions or would like Risk and Safety assistance with your policy, please contact us:

Albuquerque area: (505) 345-7260

Toll Free: (800) 788-8851

P.O. Box 27825

Albuquerque, NM 87125

You can also email us at NMMSafetyAdvisor@NewMexicoMutual.com

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