

PLAYING IT

SAFE

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency.

Avoid Fryer Burns

Safety concerns for restaurant workers

According to the Occupational Health and Safety Administration (OSHA), deep fat fryers are the leading cause of burns for food service workers.

Workers do not only risk burns when cooking with or cleaning fryers and vents; contact with hot splashing oil is also a serious hazard.

To prevent burns, your first line of defense is to exercise extreme caution around the fryer and oil. Ask a supervisor or a trained employee to show you how to operate the fryer before attempting it on your own.

Once you are trained, always wear the appropriate uniform. A long-sleeved cotton shirt, long pants and an apron all shield your body from hot oil splashes.

When Cooking

- Use the correct grease level and cooking temperature.
- Never put water or ice into the fryer as it may cause a flare-up.

- Do not overfill the fryer with frozen foods as it may cause the oil to splash and bubble over.
- Make sure the floor beneath your feet is completely dry to avoid slipping and bumping into the fryer.

During Clean-up

- Wear gloves and use a scraper when cleaning the fryer and hood.
- Avoid reaching over or climbing on top of fryers to clean them.
- Since these appliances are dangerous to operate, make sure you know how to operate a class K fire extinguisher, which is used to put out oil and grease fires.
- In the event of a fire, you and your fellow employees must act fast to prevent further damage and protect yourselves against injuries.



Spotting CO Poisoning

Workers using portable fryer units may be exposed to carbon monoxide (CO) poisoning if the exhaust system malfunctions. If you work with fryers regularly and experience headaches, confusion, nausea and dizziness, you may have CO poisoning. Contact your supervisor immediately and seek medical help.