

SAFE BEHAVIOUR ON THE JOB

**SAFETY
FIRST**
CLEAN UP

SPILLS

- Clean up spills as soon as they occur

Learn to operate equipment properly; always use guards and safety devices



DO NOT WEAR JEWELRY OR LOOSE CLOTHING WHEN OPERATING

- Wear clothing that fits properly; avoid wearing jewelry, which may get caught in equipment



- Walk, do not run

Keep exits, aisles and stairs clear and unobstructed

Use knives and other equipment for their intended purpose only


PLEASE

KEEP ALL AISLES CLEAN AND CLEAR OF OBSTRUCTIONS

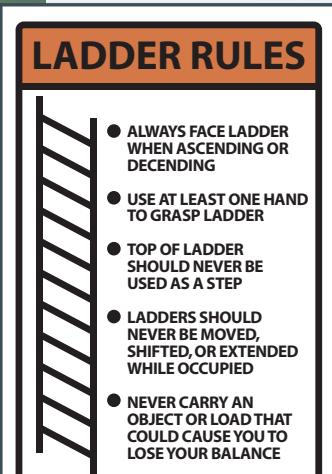


- Always assume a pot or pan is hot; handle with dry towels

- Position pot and pan handles out of the aisles so they do not get bumped

Get help or use a cart when lifting or moving heavy objects

Avoid back injury by lifting with your leg muscles; stoop, do not bend, when lifting



- Use a well placed ladder or stool for climbing; do not use a chair, box, drawer or shelf

Keep breakable items away from food storage or production areas

HOW TO LIFT CORRECTLY
THE RIGHT WAY

THE WRONG WAY


LEGS BENT, BACK KEPT AS STRAIGHT AS POSSIBLE, LOAD CLOSE TO BODY, GRIPPED AT OPPOSITE CORNERS

LEGS STRAIGHT, BACK BENT, PUTS ALL THE STRAIN ON THE MUSCLES OF THE BACK & ABDOMEN

- Warn people when you must walk behind them, especially when carrying a hot pan



SAFETY

IS YOUR RESPONSIBILITY

THIS KITCHEN HAS WORKED

DAYS

WITHOUT A LOST TIME INJURY

THE BEST PREVIOUS RECORD WAS

DAYS

DO YOUR PART TO BETTER THE RECORD