

PLAYING IT

SAFE

Be safe and healthy on the job with these helpful tips provided by Gallagher Franchise Solutions.

Bakery Safety Basics

Staying safe in the kitchen

Working in a bakery, you are faced with many dangers while preparing tempting treats. Here are some ways to mix in a little safety while baking to avoid potential hazards:

- Stack baking materials neatly to keep walkways and prep areas free of clutter.
- If you spill dough, batter or dry ingredients, clean up the mess immediately to avoid creating a slipping hazard. Post signs that indicate the wet floor until the area is dry. If you spill oil or grease, use a degreasing solution to clean it up.
- Wear slip-resistant shoes for a good grip even while you work on slippery surfaces.
- Watch out for moving blades, mixing arms and conveyors on baking equipment, as they can present crush hazards.
- Keep a safe distance between your body and machinery to avoid contact with moving parts.
- Always use machine guards, such as power interlocks, two-handed controls and emergency-stop bars.
- Exercise caution around both gas and electric heat sources in the kitchen. To reduce your risk of injury, turn off and unplug appliances when they are not in use and control grease and oil buildup in doughnut machines, grills and fryers with ventilation hoods and fire extinguishing systems.
- Wear burn-resistant gloves or mitts when handling hot trays and pots, as boiling water, hot oil and hot ingredients can scald you. If you do suffer a burn, run the affected area under cool water and wrap it loosely with sterile dressing. If you suffer a major burn, call 911 immediately.
- Control dust by placing flour in enclosed storage bins near an adequate ventilation source. Dust flour can actually cause asthma, as well as nose, throat and eye irritation. If you cannot control flour dust, consider wearing a dust mask while mixing ingredients.
- Use proper lifting techniques when handling heavy ingredients, food trays and mixing bowls. Poor lifting can lead to neck, back and muscle injuries. If you use a cart to assist you in carrying these objects, make sure it is secure before attempting to move it.



Be Prepared for Fires

Always be ready to put out fires. Designate a place in the kitchen for an ABC Class fire extinguisher for general fires and a K Class extinguisher for kitchen-specific fires.

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