

Food & Workplace Safety

Burn Prevention PPE & Proper Lifting Techniques

2025-2026 November Edition

In This Issue

As part of the District's continuing commitment to food and workplace safety, an in-depth training on various safety topics will be discussed and reviewed monthly. Please review the monthly newsletter as to why and how to keep our students, faculty and staff safe.

Training requirements

Food Services Manager or Sr. Food Service Worker duties:

- Allocate 15-30 minutes each month to conduct training
- Conduct a separate 5-minute breakout session on the **Safety Review** topic once or twice a month
- Trainings must be completed each month
- File all training materials in the Miscellaneous Folder
- Store training materials with end of year files at the end of the school year
- Complete the survey on the Food Services website to indicate that training is complete

All employees must:

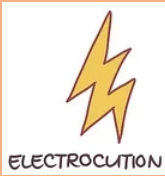
- Sign the 2-part sign-in sheet. One for the Monthly Safety & Sanitation training and for the other column for Spotlight on Safety breakout session



SAFETY REVIEW: Proper Lifting Techniques

- Common causes of back injuries
- Causes of lifting or overexertion injuries
- Review and discuss proper lifting techniques

Types Of Burns

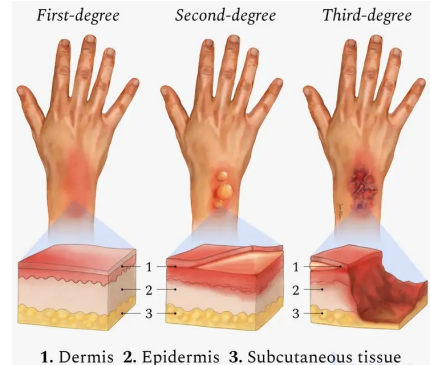


Burns are injuries to tissue caused by heat, friction, electricity or chemicals.



Scalds are a type of burn caused by hot liquid or steam and are the most common causes of burns in restaurants.

Third Degree burns occur when the skin is exposed to steam, boiling water, grease, and/or fire and are sustained almost instantaneously.



DID YOU KNOW ?



How To Prevent Burns In The Kitchen

Training

- Ensuring employees are well-trained can reduce the risk of burns occurring in the kitchen

Communicate

- Broadcast your movement when moving hot items creates awareness for other employees working in the area

Inspect Equipment

- Check for broken handles of equipment and frayed or exposed wires

Personal Protective Equipment (PPE)

- Provide adequate personal protective equipment of oven mitts, gloves, heat resistant sleeves and aprons

Splashing Of Hot Liquids

- Keep the area around hot liquids clear of objects that can fall into the liquid, resulting in splashing

Let Falling Objects Fall

- The natural reaction is to grab falling items. This can lead to someone grabbing a hot surface barehanded resulting in severe burns



How To Provide First Aid For Burns



First-Degree Burns

- Apply cool wet compress or immerse in cool fresh water until pain stops.
- Cover with sterile non-adhesive bandage.
- Seek medical attention.



Second-Degree Burns

- Immerse in fresh cool water
- Apply cool compress if available
- Elevate burned areas if possible
- Monitor for shock
- Seek medical attention



Third-Degree Burns

- Cover lightly with sterile non-adhesive bandage or gauze
- Do not apply any ointments
- Elevate burned area when possible
- Monitor for shock
- Seek medical attention

Personal Protective Equipment (PPE)

Each task you perform requires different Personal Protective Equipment (PPE). Wearing the correct PPE can be the difference between staying safe and injuring yourself.



**Rubber
Chemical
Resistant
Gloves**

Use when washing dishes and cleaning with chemicals

Protects skin from chemical exposure and chemical burns.



**Heat
Resistant
Gloves**

Use to remove hot items from oven, hot holding cabinets and steamers.

Protects hands, forearms and fingers from burns.



**Protective
Eyewear**

Use when cleaning with chemicals.

Protects eyes from chemical exposure and chemical burns.



**Heat
Resistant
Sleeve**

Use to remove hot items from ovens and steamers.

Protect forearms from burns.



**Heat
Resistant
Cotton Gloves**

Use underneath single use gloves to handle heated food items for service.

Protects hands and fingers from minor burns and discomfort.

SAFETY REVIEW

Proper Lifting Techniques



Common Causes Of Back Injuries

There are many common practices/conditions that contribute to a back injury. Bad lifting techniques are frequently associated with bending from the waist to pick up items. This leads to lower back, strained back muscles and tendons, or even torn ligaments.



Common Causes Of Lifting Or Overexertion Injuries

The most common causes of lifting injuries in food service are excessive bending, twisting at the waist, and overreaching. Unsafe lifts place stress on the tendons, muscles and ligaments.



Proper Lifting Techniques For Food Services

Prevention begins by following these simple best management practices:

- Use proper storage practices to avoid excessive bending and overreaching
- Store heavy items properly on the middle shelves
- Repackaging the product to avoid lifting heavy and bulky products
- Remember the Safe Lifting Zones

Proper Lifting Technique Tips:

- Focus on the lift
- Move close to the load
- Feet shoulder-width apart
- Squat down to use your leg muscles to lift the load
- Make sure your body is close to the load and grasp it with both hands
- Maintain an "S" curve during lifting
- Tighten the stomach
- Lift the head
- Rise up with your legs
- Keep the load close to your body



When Carrying And Lowering The Load Into Place:

- Keep your back's "S" curve in proper position
- Use your feet, not your waist, to change direction
- Avoid leaning over
- Keep load close to the body and avoid overreaching
- Set the load down in one slow motion



Focus of the Month

Fresh Produce & Bread Quality Checks

Ensuring Quality from Delivery to Service in School Cafeterias

Maintaining high standards for food quality and safety begins the moment products arrive at your site. This month, we're focusing on best practices for checking the quality of **fresh produce** and **bread**, with an emphasis on proper receiving, storage (FIFO), and staff training.

Fresh Produce: Quick Quality Check Guide Receiving & Delivery

- Inspect produce right away for temperature, freshness, and damage.
- Match items to your order sheet to confirm accuracy.

Storage & FIFO

- Store in cool, clean areas.
- Use **FIFO**: Place newer items behind older ones.
- Label with delivery dates to monitor freshness.
- **Staff Training**
- Train staff to spot spoilage and handle produce carefully to avoid bruising.

Apple Quality at a Glance

Firmness & Texture

- Apples should feel firm, not soft or mushy.
- Skin should be smooth, not wrinkled or blemished.

Appearance & Color

- Skin Condition: Check for bruises, cuts, or discoloration. Damaged apples should be separated to prevent affecting others.
- Look for vibrant, even coloring that matches the variety.



Bread: Storage and Handling Best Practices Receiving & Delivery:

- Confirm that bread is delivered fresh, free from mold, damage, or packaging issues.
- Check use-by dates and store immediately in a clean, dry area.

Storage & FIFO:

- Always rotate stock using **FIFO**. Older bread should be used before newer deliveries.
- Store bread off the floor and away from sources of heat and moisture.

Training Employees:

- Ensure staff can identify signs of stale or spoiled bread (e.g., mold, unusual smell, or dry/hard texture).
- Always check the expiration or "best by" date on bread to ensure it's still fresh and safe to eat.

Why It Matters

- Ensures meals are safe, fresh, and enjoyable.
- Reduces waste with proper storage and rotation.
- Controls costs by preventing spoilage.
- Strengthens your team through consistent training.



Thanks to our incredible cafeteria team for staying focused and committed to quality. Every step we take behind the scenes helps support happy, healthy students!