



Safety Awareness Training

Food & Workplace Safety

Burn Prevention & Fats, Oils, & Grease

2024-2025 February 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:

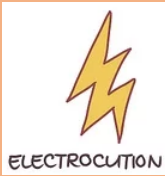
- Sign the 2-part sign-in sheet. One for the Monthly Safety & Sanitation training and for the other column for Spotlight on Safety breakout session



SAFETY REVIEW: Fats, Oils, & Grease

- What are fats, oils, and grease (FOG)?
- Best practices when handling fats, oils, and grease
- FOG do's and don'ts

Types Of Burns

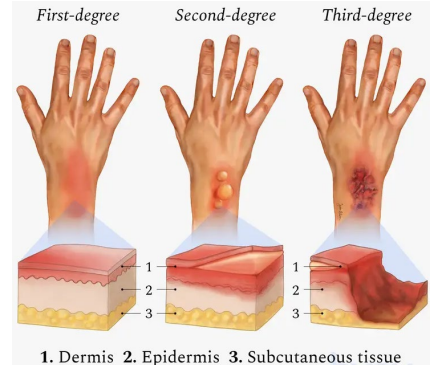


Burns are injuries to tissue caused by heat, friction, electricity or chemicals.



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 Kitchen Gloves

Use to remove hot items from ovens, 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

Fats, Oils, & Grease



What Is FOG?

FOG refers to all fats, oils, and grease generated during food preparation, cooking, and/or kitchen clean up. FOG enters a facility's plumbing system through ware washing, floor cleaning, and equipment sanitation.



Best Management Practices When Handling FOG

Remove food waste using the “dry” method rather than the “wet” method.

- The dry method includes scraping, wiping or sweeping before the cleaning process begins
 - The wet method introduces FOG into drains where it collects on the interior walls of the drainage pipes
- Use rubber scrapers to remove fats, oils and grease from pans. **Example: hamburgers or sausage liquids**
- Collect liquids/oil in a #10 can and allow to cool to room temperature then dispose of the can and contents in the trash
- Empty grease containers before they are full to avoid spills
- Do not dispose any food waste directly into drains (floor or sink)
- Always check and clean drain traps

FOG Best Practices

- Cafeteria staff are to apply FOG best practices throughout the workday
- Collect waste cooking oil/grease and store in containers for disposal
- Dispose of food waste directly into trash cans
- Scrape all food from pots/pans and utensils
- Use absorbent single use materials to clean up spills before mopping

Do Not:

- Pour liquid fats, oils, or grease into sinks or floor drains
- Use garbage disposal
- Discard garbage or food waste down the drains of sinks



Focus of the Month

“Wash Your Hands, Stay Healthy, and Serve Safe Food!”

Washing your hands with soap and water is the most effective ways to protect yourself from germs and illness.

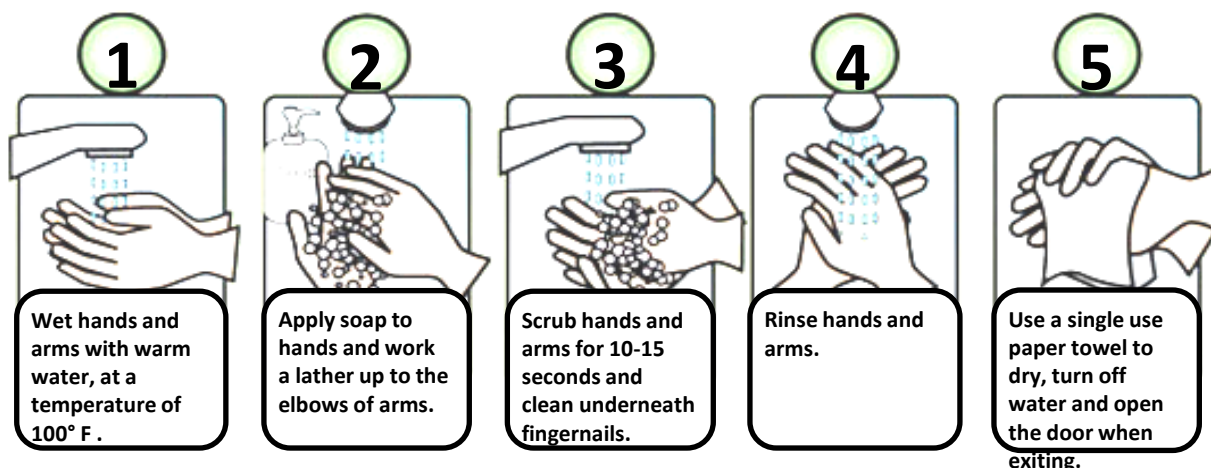
Since hand sanitizer is no longer available, let's focus on proper handwashing.

Here's how you can do it:

1. **Wet your hands** with clean, running water (warm or cold).
2. **Apply soap** and lather up, scrub all surfaces—front, back, between your fingers, and under your nails.
3. **Scrub for 20 seconds**(hum the "Happy Birthday" song twice to time it right!).
4. **Rinse thoroughly** under clean, running water.
5. **Dry your hands** with a clean towel or air dry.

Even if hand sanitizer is not an option, thorough handwashing remains your best defense against illness.

Make it a habit and keep yourself and others safe!



AFSS: Please review the focus of the month in your monthly meeting.

Managers: Please post in a visible area and discuss with your crew.