

# Protect your injury hot spots

Cooks

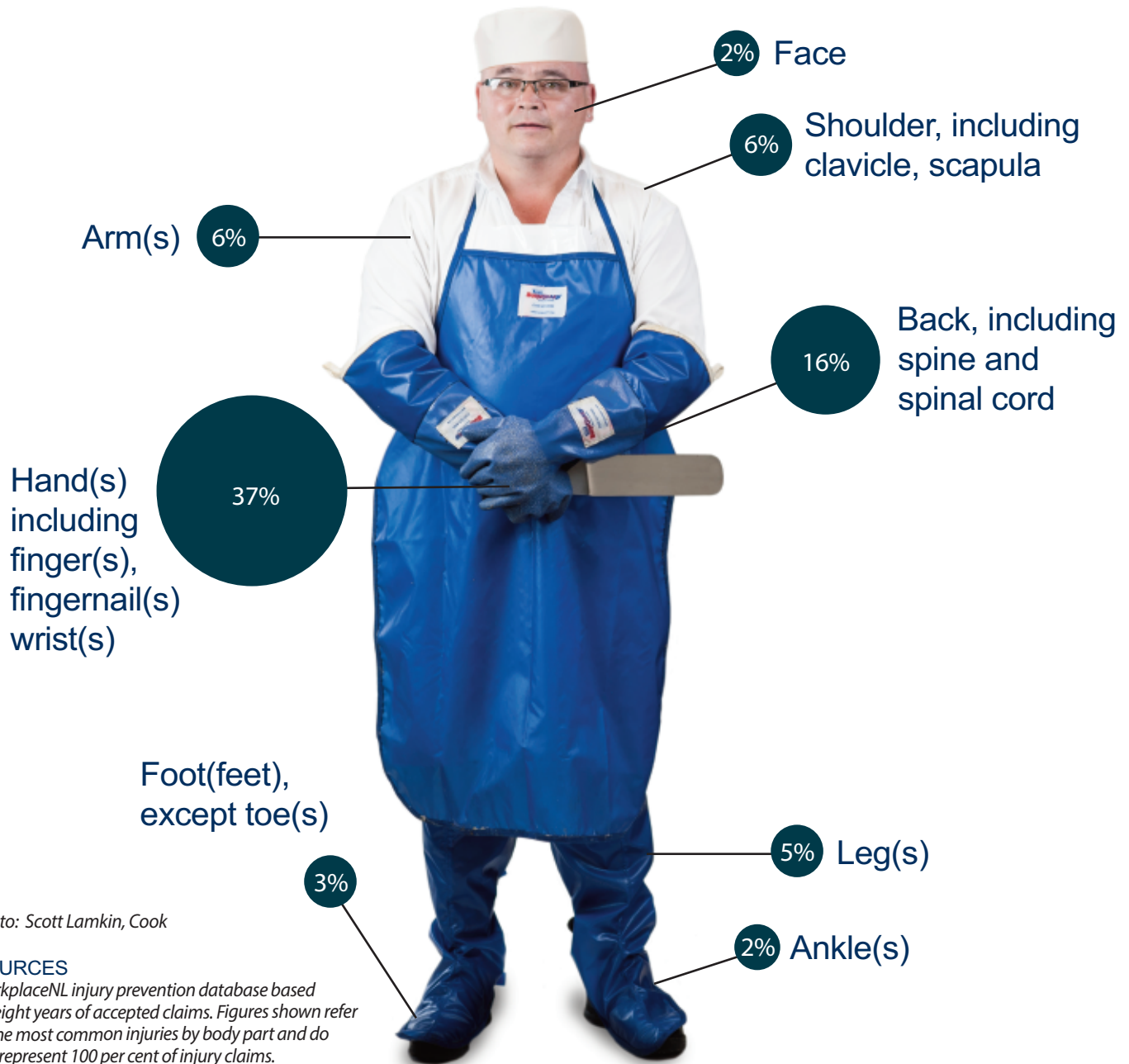


photo: Scott Lamkin, Cook

## SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

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# COMMON INJURIES FACTS

## Injury Hotspots Cooks



### Prevention Tips

#### SLIPS, TRIPS AND FALLS

- Footwear and floor surfaces should be non-slip.
- Ensure good housekeeping on the premises includes removing unnecessary items and ensuring objects are put away.
- Ensure to clean all spills immediately, and mark spills and wet areas.
- Use tacking or taping to secure mats, rugs and carpets that do not lay flat.
- Keep cables or cords covered that cross walkways.
- Keep working areas and walkways well lit.
- Provide properly fitting non-slip footwear increases comfort and prevents fatigue.

#### LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Prevent heavy lifting by providing lifting points or fitted handles for heavy or awkward loads.
- Ensure to store materials at a convenient height.
- Leave the lowest shelf unused if necessary.
- Store heavy and frequently used materials at waist height.
- Eliminate deep shelves to avoid bending.
- Ensure sufficient space for the entire body to turn.
- Locate objects within easy reach.
- Ensure that there is a clear and easy access to the load.
- Change the shape of the load so the load can be handled close to the body.
- Ensure to use bins and racks as much as possible.
- Ensure to use carts to move heavy products from storage coolers and freezers.

#### PERSONAL PROTECTIVE EQUIPMENT

- Use mesh gloves when working with knives.
- Provide proper gloves or oven mitts for handling hot items.
- Ensure to wear well-fitted clothing while working.
- Provide properly fitting non-slip footwear.

#### EYE PROTECTION

- Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.

#### CUTS, GRAZES AND LACERATIONS

- Use a cutting board for safe cutting and chopping.
- Ensure equipment is isolated and locked out before cleaning.
- Make sure that cutting blades are sharp (eg. Use the right knife for the job).
- Clean equipment that may have sharp components or edges using tools that keep hands away, eg. Brushes, scrapers or provide gloves that cannot be pierced.

#### BURNS AND SCALDS

- Organize your work area to prevent contact with hot objects and flames.
- Use only recommended temperature settings for each type of cooking.
- Always lift lids by opening away from you.
- Use oven mitts/gloves appropriate for handling hot objects.
- Ensure handles of pots and pans are turned away from the counter or cooking stove.

For additional information please contact:

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