Restaurant Safety Training Program

All employers need to provide health and safety training and a safe workplace. Our program helps by offering:

• Free interactive workshops in English and Spanish for workers and owners.
• Materials in English, Spanish and Chinese for training workers, including tip sheets with practical suggestions for dealing with specific hazards.
• Technical assistance and small business safety resources—easily accessible at www.lohp.org/projects/small business/index.html

For more information, contact us at 510-642-5507
Labor Occupational Health Program at UC Berkeley
www.lohp.org

Tips on Worker Safety

For restaurant workers and owners
Most restaurant injuries can be prevented.

The most common injuries for restaurant workers are **sprains** and **strains** (like a hurt back or shoulder), **cuts**, **bruises**, and **burns**. Follow these tips to stay healthy and safe.

**Lifting and Carrying**
- Use your legs and keep your back straight. Avoid twisting.
- Get help to lift heavy items.
- Use a cart to move dishes or supplies.

**Knives**
- Keep the knives sharp and use the right knife for each task.
- Tuck in fingers on hand holding the food.

**Burns and Hot Stuff**
- Use mitts or pot holders.
- Don’t stand too close or lean over hot oil or steam.

**Slips and Falls**
- Use anti-slip mats and anti-slip shoes that are closed-toed.
- Fix leaks to avoid wet floors.

**Good Communication**
- Talk to each other to plan how to do tasks safely.
- Employers who encourage workers to report safety problems and suggest solutions will have a more effective safety program.