



Working with Hot Objects Safe Work Practices

Burns are one of the top 3 most common injuries in a kitchen. Hot items can be found throughout the kitchen including the fryers and grills, warming stations, on counters and in the dish pit. A lot of burns and scalds can actually be caused by the steam coming off food, rather than the food itself.

Direct Hazards: Hot Food, Pans, Stoves, Ovens, Steam

Potential Injuries: Burns, Scalds

Equipment: Pots, Pans, Heat Source

Personal Protective Equipment: Oven Mitts, Dry Cloths

Training Required: On-the-job Training

Legal Requirements: N/A

Safe Work Practices

Before Use:

- Treat something as hot if you are unsure of its temperature.
- Do not rush. Take your time and focus on what you're doing.
- Make sure to have oven mitts or dry cloths with you in the kitchen.

During Use:

- Use oven mitts or dry cloths when handling hot objects.
- When checking the contents of a hot pot, lift the lid away from you.
- Make sure people around you are aware of the hazard.
- Add items to a hot pan with a motion away from you.
- Position the handles of pots and pans in between burners. Do not leave handles hanging over the side of the stove, or directly above other burners.
- Say "hot and behind" when moving past someone or around a blind corner.
- Do not leave hot pans unattended without leaving indications that it is hot. For example, leave a cloth draped over the handle.
- Do not overheat oil as it can burst into flames. If you have an oil fire, turn off the burners and cover with a fire-smothering blanket or damp cloth. Do not move the burning pan.

In case of burns to the skin:

- Eliminate the heat source, or have someone else take over the task.
- Run the burn under cold water and call for first aid.
- If necessary, seek higher medical attention.

Date Issued:

Date Reviewed:

Reviewed By:

Document prepared by

