

SUPER



SAFETY ON THE JOB

SUPER – Successful Pathways to Employment Program

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Examine the pictures and identify the safety hazards and their causes



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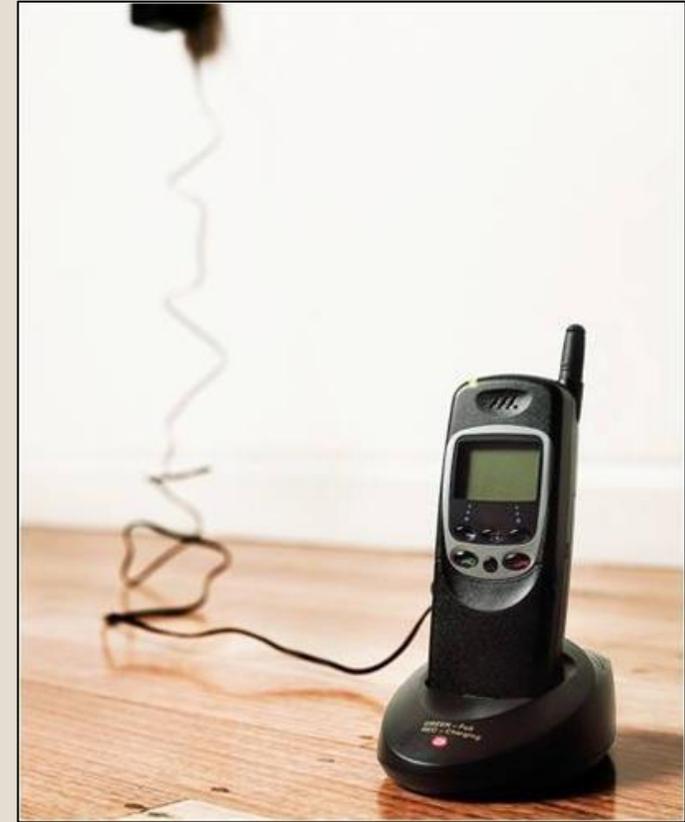
Examine the pictures and identify the safety hazards and their causes



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Safety on the job: the job of a cook

- Cooks and serves meals
- Cleans the kitchen, washes dishes, cleans the storeroom
- Deals with purchasing goods
- Calculates the cost of food and meal preparation



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Pictures from the job of a cook



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Pictures from the job of a cook



Accident risks in the cook's job

- Cuts and stabs caused by sharp knives and other sharp objects
- Finger and hand injuries, caused by kitchen equipment/appliances: cutting machines, saws, meat grinders, etc.
- Eye injuries, as a result of bone fragments or other flying particles, etc.
- Falls on wet and slippery floors
- Bumping into objects and falling while carrying big and heavy appliances, especially cooking pots, cauldrons, and pottery



Accident risks (cont.)

- Burns and stings caused by contact with hot appliances and surfaces, sizzling of cooking oil, fat and hot water, boiling steam, or other hot materials.
- Fire risk that may be caused by hot sources: ovens, grill, etc.
- Fire and explosion risks as a result of inflammable and explosive materials used as gas for cooking appliances.
- Risk of being trapped inside walk-in electric refrigerators and freezers.
- Exposure to radiation leaking from faulty microwave ovens.
- Exposure to loud sounds issuing from kitchen machines, cooking appliances, etc.



Protective measures against accidents in the cooking profession

- Below is a list of protective measures; please match each protective measure with the corresponding accident risks you read about in the preceding slides.

Protective gloves

Non-slip safety shoes

Periodical inspections of electrical kitchen appliances

Inspections of microwave appliances

Installing protective covers on wheels and machines

Chemical, biological, physical and psychological risks in the cook profession

- Exposure to spices and other food ingredients which can cause allergic reactions.
- Exposure to cleaning materials used for dishwashing and cleaning the kitchen, which may cause skin infections and rashes.
- Risk of food poisoning while tasting food ingredients and meals during the different stages of their preparation.
- Exposure to raw foods (e.g. meat, vegetables, dairy products) which may cause allergic reactions.
- Lower back pain due to lifting heavy loads.
- Pain in the arms due to repetitive movements over a long period of time (such as cutting, peeling).





Risks – cont.

- Fatigue and pain due to standing over long periods of time.
- Risks of verbal or physical attack by unsatisfied customers, supervisors, or colleagues.
- Family and personal problems due to shift work, including late hours and working on weekends and national holidays.

From the list below, match the corresponding protective measures to the various risks from this and the preceding slide

Regulation of burners to decrease carbon dioxide
Installation of monitoring equipment that will sound an alarm when carbon dioxide levels are high
Learning how to move, lift and carry heavy loads in a way that is not damaging to the back
Periodical visits of pest control
Use of mechanical means to lift heavy loads

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Have a pleasant and safe work experience!

