

OFFICE KITCHENS AND LUNCHROOMS

The office kitchen is a convenient space for preparing food and beverages, but it also presents unique safety hazards. From hot appliances to sharp objects, and even unexpected dangers like cupboard doors, it's essential for everyone to stay alert and follow safety guidelines.

RECOGNIZE THE HAZARDS AND STAY SAFE:

- COMMON HAZARDS
- SAFETY TIPS
- REMINDERS



BC Forest Safety

Safety is good business

OFFICE KITCHENS AND LUNCHROOMS



COMMON OFFICE KITCHEN HAZARDS:

- **Kettles:** Risk of burns from hot water or steam, and electrical hazards from faulty cords or spills.
- **Ovens and Microwaves:** Hot surfaces and food can cause burns. Improper use may lead to fire or electrical shock.
- **Knives:** Cuts and puncture wounds, particularly when rushing or using improper cutting techniques.
- **Cupboard Doors:** Doors left open at head height can cause head injuries if someone walks into them.
- **Knifing Avocados:** Attempting to remove avocado pits with a knife is a common cause of hand injuries.

SAFETY STEPS FOR WORKERS:

- **Stay Alert:** Pay attention to your surroundings, especially when handling hot appliances or sharp tools.
- **Use Appliances Properly:** Follow instructions for kettles, ovens, and microwaves. Don't overfill kettles or heat non-microwave-safe containers.
- **Check Cords and Plugs:** Ensure appliances are in good condition. Report frayed cords or faulty plugs immediately.
- **Knife Safety:** Always use a cutting board. Keep fingers away from the blade. Use proper technique, especially when cutting avocados—never attempt to remove the pit with your hand holding the fruit.
- **Cupboard Door Awareness:** Close cupboard doors after use. Look up and around before standing up or moving near cupboards.
- **Clean Up Spills:** Immediately wipe up any spills to prevent slips and falls.
- **Microwave Safety:** Use microwave-safe containers. Allow hot food to cool before removing. Open containers away from your face to avoid steam burns.
- **Report Hazards:** Notify your supervisor of any broken equipment, loose cupboard doors, or unsafe conditions.

REMEMBER:

Never rush while preparing food or drinks. Keep the kitchen tidy and free of clutter. Wash hands regularly and clean utensils before and after use.

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