

Commercial Kitchen Safety Checklist

Review the following checklist with your managers and staff often.

Increasing safety and reducing risk is one of your top priorities.

Preventing food preparation area accidents

- ☐ Do my employees use a stool or footrest to avoid prolonged standing?
- ☐ Do I make stools and footrests available to my kitchen workers?
- ☐ Do we rearrange food prep tasks to avoid overreaching?
- ☐ Do we use mechanical kitchen appliances for chopping dicing or mixing foods to avoid repetitive stress injuries?
- ☐ Do we provide approved uniforms, hairnets, and gloves for our employees?
- ☐ Do our employees wear uniforms, hairnets, and gloves?

Preventing slips, trips, and falls

- ☐ Is the kitchen staff trained to mop up spills & wet areas immediately?
- ☐ Are kitchen, supply areas and freezer floors and walkways kept free of clutter?
- ☐ Is proper ladder training provided?
- ☐ Do employees know how to use ladders correctly to avoid overreaching and overextending themselves?
- ☐ Are employees required to wear proper slip resistant footwear?
- ☐ Is the kitchen floor swept and mopped each night?

Preventing kitchen fires

- ☐ Are work areas kept clean?
- ☐ Are fire extinguishers handy and operational?
- ☐ Have employees been trained on using fire extinguishers?
- ☐ Are employees allowed to smoke in the building?
- ☐ Is a no smoking policy enforced?
- ☐ Do you have a fire evacuation plan?
- ☐ Do you have fire drills?
- ☐ Do all workers know how to sound the alarm and call 911?
- ☐ Is all fire suppression equipment regularly maintained and tested?

Preventing lifting accidents

- ☐ Have my workers been trained to lift with their legs not with their backs whether it is a light or heavy load?
- ☐ Are workers trained to bring heavy items close to their chest so they can stay balanced and eliminate straining?
- ☐ Are employees trained to use tilt containers or get help when lifting or pulling fluids or heavy items?
- ☐ Are my employees empowered to point safe and proper lifting techniques to fellow employees?
- ☐ Do supervisors take the lead by setting the right example?

Preventing cuts, burns, and lacerations

- ☐ Teach and enforce safe cutting practices
Is training provided for using kitchen appliances safely?
- ☐ Is hand protection provided for employees when cutting, slicing or chopping food?
- ☐ Are employees permitted to wear loose clothing or jewelry around powered equipment?
- ☐ What safety practices have been enforced with workers using hot cooking equipment with grease and water?