As new workers, adolescents are likely to be inexperienced and unfamiliar with many of the tasks required of them. Yet despite teen workers’ high job injury rates, safety at work is usually one of the last things they worry about. Many of teens’ most positive traits—energy, enthusiasm, and a need for increased challenge and responsibility—can result in their taking on tasks they are not prepared to do safely. They may also be reluctant to ask questions or make demands on their employers.

Health and safety education is an important component of injury prevention for working teens. While workplace-specific training is most critical, young people also need the opportunity to learn and practice general health and safety skills that they will carry with them from job to job. Teens should be able to recognize hazards in any workplace. They should understand how hazards can be controlled, what to do in an emergency, what rights they have on the job, and how to speak up effectively when problems arise at work.

This lesson will cover these areas.
Click on hyperlink NIOSH Youth@Work Video: Teen Workers: Real Jobs, Real Risks to view video from CDC’s National Institute for Occupational Safety and Health.
Appropriate Attire

**Wear**
- Apron
- Chef jacket
- Chef pants
- Hair restraint
- Shoes (slip resistant)

**Do Not Wear**
- False nails
- Fingernail polish
- Jewelry
  - Watches
  - Dangling earrings
  - Rings
  - Except for a plain metal band

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**Aprons**
Should be clean and removed when leaving the food prep areas.

**Clothes**
Should be clean including chef coats and uniforms.

**Hair restraint**
Always wear a clean hat or other hair covering while prepping food, working in food prep areas, and the dishwashing area.
Bobby pins may be provided to keep “bangs” from dangling over food prep areas.

**Shoes (slip resistant)**
Slip resistant shoes are recommended by the Office of Occupational Safety to prevent slips and falls.

**Fingernails**
Keep fingernails short and clean.
Do not wear false fingernails or nail polish.
Fingernail polish remover may be provided to keep nails clear.

**Jewelry**
Remove all jewelry from hands and arms including watches, dangling earrings, bracelets and rings except for a plain metal band.
Wash Hands

Before
- Eating or drinking
- Handling raw meat poultry, or seafood
- Prepping food
- Putting on gloves

Only a handwashing sink should be used for washing hands in a food establishment. Refer to the TFER Hand Wash Poster from the Texas Department of State Health Services for the correct procedure (see All Lesson Attachments tab)
Wash Hands

After
- Cleaning tables or busing dirty dishes
- Handling chemicals
- Handling money
- Handling raw meat poultry, or seafood (before and after)
- Removing chewing gum with your fingers
- Sneezing, coughing, or using a tissue
- Taking out garbage
- Touching clothing or aprons
- Touching your hair, face, or body

Remind students that hand antiseptics should never be used instead of washing hands.
How to Wash Your Hands

1. Wet hands and arms
2. Apply soap
3. Scrub hands and arms vigorously
4. Rinse hands and arms thoroughly
5. Dry hands and arms

After Washing Your Hands
1. Use a paper towel to turn off faucet.
2. Use a paper towel to open restroom door.

Click hyperlink Put Your Hands Together from the Centers for Disease Control.

How to Wash Your Hands
- Wet hands and arms
  - use running water as hot as you can comfortably stand
- Apply soap
  - Apply enough to build up a good lather
- Scrub hands and arms vigorously
  - Scrub them for 10 to 15 seconds
  - Clean under fingernails and between fingers
- Rinse hands and arms thoroughly
  - Use running water
- Dry hands and arms
  - Do NOT use your apron or any part of your uniform
  - Use a single-use paper towel or hand dryer

CDC – Centers for Disease Control and Prevention
Put Your Hands Together
http://www.cdc.gov/cdctv/handstogether/
Commercial Kitchen Hazards

- Burns and Scalds
- Cuts
- Slips and falls

General Kitchen Safety

The commercial kitchen is a busy environment that is full of many potential dangers that are both obvious and, in some cases, less obvious to the untrained person. When working in this environment, one must be aware of these potential hazards and how to avoid them.

Accidents can easily occur in a busy kitchen. Everyone should practice safety in the kitchen at all times.

- Burns and scalds
  - Tilt pot lids away from your body
  - Use dry pot holders or oven mitts
  - Turn pan handles away from the front of the range
  - Get help to move large hot containers

- Cuts
  - Always use knives for their intended purpose only
  - Always cut away from your body
  - Always carry a knife down at your side with the blade tip pointed toward the floor
  - Do not try to grab a falling knife

- Slips and Falls
  - Walk, never run in the kitchen
  - Wipe up spills immediately
  - Wear slip-resistant shoes
  - Ask for help to move heavy objects

Click on hyperlink General Kitchen Safety to view short video.

http://youtu.be/kz-KZGO65DA
Be aware of your surroundings and locate:
• any potential dangers
• where to exit in case of emergency
• the handwashing station
• first aid kits in case of a minor accident
• the materials safety data sheets
Click on hyperlinks How to Safely Clean Spills in the Kitchen and Preventing Burns to view short videos.

**How to Safely Clean Spills in the Kitchen**
Within a commercial kitchen one of the most frequent accidents that can occur is slipping on a wet surface. These types of accidents are particularly hazardous because often they can cause back injuries and cause serious lost time. In most cases these injuries are preventable with good safety management of spills.
http://youtu.be/ltTmGSEF0UM

**Preventing Burns**
Within a commercial kitchen you will be exposed to high temperatures that could cause injury to you. Always think safety and have a plan.
http://youtu.be/5_1T0lLmOck
Click on the hyperlink How to Use a Fire Extinguisher to view the short video.

Accidents happen. Be prepared to fight your own fire by learning how to use a fire extinguisher.
http://youtu.be/lUojO1HvC8c

You Will Need
Courage
Calm
Fire extinguisher

**Step 1: Know how fire extinguishers are classified**
Know how fire extinguishers are classified. Class A extinguishers are for common combustibles like paper or wood; Class B are for flammable liquids; and Class C are for electrical fires.
The Red Cross recommends ABC classified fire extinguishers for home use.

**Step 2: Inspect the fire extinguisher**
Inspect the fire extinguisher before use. Read instructions and warnings; check that the pressure gauge needle is in the green portion of the gauge; and check for a clogged nozzle, a broken seal, or other damage.
A fire extinguisher won’t work if it’s not properly charged. The pressure gauge measures the charge.

**Step 3: Decide if you'll evacuate or stay and fight**
Decide if you’ll evacuate or stay and fight the fire. Consider the size of the fire, the amount of smoke in the room, and whether there is a reliable escape route.
Step 4: Remember the acronym PASS
Remember the acronym PASS. It stands for Pull, Aim, Squeeze, and Sweep.

Step 5: Pull the pin that unlocks the operating handle
Pull the pin or ring that unlocks the fire extinguisher’s operating handle, and aim the extinguisher at the base of the fire.
Aim at the fire from 6 to 8 feet away.

Step 6: Squeeze extinguisher lever to discharge contents
Squeeze the extinguisher lever to discharge its contents, and sweep the hose back and forth until the extinguisher is empty.

Food Network star Alton Brown used a carbon dioxide fire extinguisher, a water cooler bottle, and a tennis racket to make a fruit smoothie on television.
FOOD SAFETY

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The illness may be mild, lasting just a day or two, or even severe enough to require hospitalization. In some cases it can even result in death.

Pie chart description: Shows the breakdown of causes of illness by type with the largest number causes by poultry, then leafy greens, beer, dairy, fruits-nuts, vine (tomatoes, cucumbers), pork, finfish, other, eggs, mollusk, grains-beans.

Causes of Food Poisoning

- Bacteria and Viruses
- Parasites
- Mold, Toxins, and Contaminants
- Allergens

Bacteria and Viruses
Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.

Parasites
Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common foodborne parasites are protozoa, roundworms, and tapeworms.

Mold, Toxins, and Contaminants
Most food poisoning is caused by bacteria, viruses, and parasites rather than toxic substances in the food. But, some cases of food poisoning can be linked to either natural toxins or chemical toxins.

Allergens
Food allergy is an abnormal response to a food triggered by your body's immune system. Some foods, such as nuts, milk, eggs, or seafood, can cause allergic reactions in people with food allergies.
Cleaning and Sanitizing

Prevents the spread of pathogens to food.

Steps:
1. Clean the surface
2. Rinse the surface
3. Sanitize the surface
4. Allow the surface to air-dry

Cleaning removes food and dirt from surface.
Sanitizing reduces pathogens on a surface to safe levels

Sanitizing the Kitchen

Click on the hyperlink Sanitizing the Kitchen to view the video.

All surfaces must be cleaned and rinsed. Such as:
- Walls
- Storage shelves
- Garbage containers

Any surface that touches food must be cleaned and sanitized. Such as:
- Knives
- Stockpots
- Cutting boards

Sanitizing the Kitchen

Consumers can protect themselves by preventing the spread of germs by both cleaning and sanitizing surfaces where food is prepared. This video explains how to make sanitizing solution with ingredients most people already have around the house.

http://youtu.be/_9IhS2jv2OM
References and Resources

Images:
- Microsoft Office Clip Art

Textbooks:

Websites:
- *National Institute of Occupational Safety and Health (NIOSH)* – NIOSH is the federal agency responsible for conducting research and making recommendations for the prevention of work-related injury and illness. This agency is part of the Centers for Disease Control and Prevention.
  - http://www.cdc.gov/niosh/
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obvious and, in some cases, less obvious to the untrained person. When working in this environment,
one must be aware of these potential hazards and how to avoid them.

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surface. These types of accidents are particularly hazardous because often they can cause back
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