

## Restaurant Best Practices – Burn Prevention

**From Safety + Health Magazine: [Prevent burns among restaurant workers](#)**

- Avoid overcrowding on range tops.
- Check hot food on stoves carefully.
- Turn pot handles away from burners, and never leave handles sticking out over the edge of the range.
- Adjust burner flames to cover only the bottom of a pan.
- Avoid wearing loose clothing when working around ranges, ovens, or machines, and always keep sleeves buttoned.
- Place sealed cooking pouches in boiling water carefully to avoid splashing.
- Don't leave hot oil or grease unattended for any period.
- Ask for help when moving a heavy pot of hot liquid.
- Always lift lids slowly and carefully to allow steam to escape

**Helpful General Information: *Fryers and Cooking Equipment***

- Follow manufacturer instructions and procedures for fryer equipment.
- Allow hot oil and grease to cool overnight before disposing.
- Don't use plastic containers for hot oils. Containers must withstand high temperatures.
- Don't over fill containers. Be sure they are large enough for the task
- When moving containers of hot oil or grease, use tight-fitting lids well secured
- Clean oil spills promptly with proper grease-cutting agents to eliminate same level falls
- Wear personal protective equipment such as a face shield, an oil-resistant apron or coveralls, and elbow-length gloves supplied by the employer.
- Never leave hot oil or grease unattended.
- Grill cleaning tools must have handles and must be used with gloves.
- Never use metal in a microwave oven. Use caution when removing microwave-heated foods, lifting lids to allow steam to escape.

15025 Innovation Dr.  
San Diego  
858.350.2400