

HEALTH AND SAFETY CONSIDERATIONS FOR THE MANAGEMENT OF BROWN GREASE

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Presentation Topics



- Is your restaurant experiencing accidents?
- Managing your health and safety program.
- OSHA Compliance vs. Risk Management
- Fire Prevention
- Brown Grease

Restaurant Incident Statistics

- ❑ Restaurants experience 7.7 nonfatal on the job injuries a year (per 100 full time injuries)*
- ❑ There are two type of indents to prevent: Employee Injuries and Liability Claims.
- ❑ Either of these incidents take money directly from the bottom line.
- ❑ So what dose the owner do?

**BLS statistics*

What to Do

- First, are you concerned with OSHA compliance or Risk Management?
- OSHA regulations have prevented numerous of injuries and deaths; however, in most cases the regulations are not specific enough to provide most employers with information to prevent all injuries.
- Therefore, most successful businesses relay on a *Risk Management* model to prevent injuries and liability claims.

Incident Prevention through Risk Management

- This approach suggest that the probability of an incident (RISK) is due to exposure to workplace hazards while preformatting tasks (serving guest, preparing food, and cleaning).
- Moreover, guest that visit your restaurant may be exposed to the same hazards as your employees (wet floor, illness, etc.)

So what to do?

- Ensure your staff can identify and evaluate hazards is fundamental to preventing for employee injuries.
 - ▣ create a skills training form, do not assume new employees can mop the floor, show them.
- Additionally, make certain guests are aware of hazards.
 - ▣ wet floor, changes in elevation, etc.
- Special care must be considered for preventing foodborne illnesses.
 - ▣ use quality thermometers, safe food storage, etc.

Identifying Hazards

- One of the best sources for incident information is your Workers' Compensation company.
- Based on claim data, the four most common injury causing hazards include:
 - Slips & falls
 - Strains & Sprains
 - Cuts & Lacerations
 - Burns

For more information about workplace hazards in restaurants and injury prevention, click on the following link.

[General Restaurant Safety Information](#)

Hazard Awareness and Injury Prevention Continued

The following slides provide more information about preventing injuries specific to restaurants.

Slips & Falls

❑ Control Measures

- ❑ Non slip shoes (look for footwear that are marked slip resistant. Use mats that are rated the same.)
- ❑ Wear appropriate shoes & clothing.



Slips & Falls

❑ Control Measures

- ❑ Evaluate floor surfaces for potential slips
- ❑ Keep drain covers in place
- ❑ Use non-slip mats in wet areas
- ❑ Place mats in front of all entrance doors.
- ❑ Avoid using the same mop in the kitchen and in the dining room.



Slips & Falls

- Control Measures
 - ▣ Wipe up spills immediately
 - Caution/Wet Floor signs
 - Dry mop (keep grease in the kitchen).
 - ▣ Use caution tape to alert employees & customers of elevation changes.



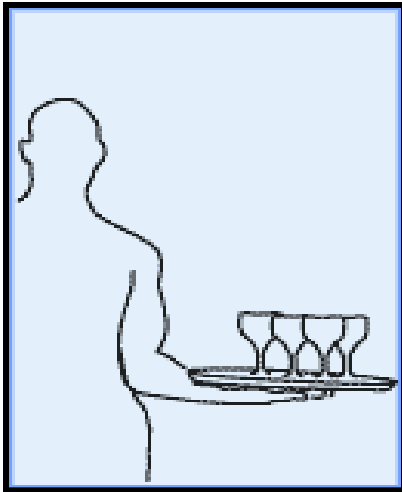
Strains & Sprains Injuries

- Occur with some frequency in the restaurant industry.
- Occur when working in:
 - ▣ Awkward postures & positions
 - ▣ Reaching, clearing tables
 - ▣ Emptying garbage
 - ▣ Mopping floors
 - ▣ Lifting

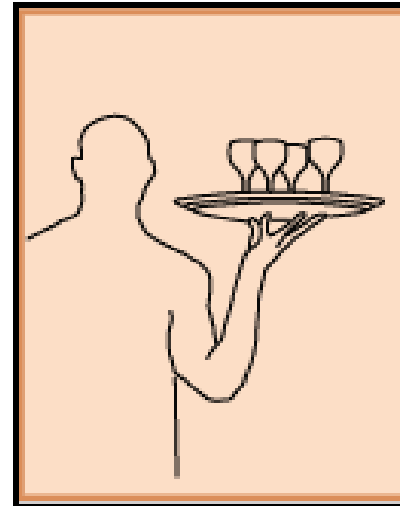
Strains & Sprains

- Control Measures
 - ▣ When lifting trays

Proper



Improper



Strains & Sprains

□ Control Measures

- Avoid reaching across tables while serving customers or clearing the tables.
- Ask the customer to assist you in passing the plates



Strains & Sprains

- Control Measures
 - ▣ Use the buddy system when moving tables
 - ▣ Try to keep the heaviest items between the shoulders and knees



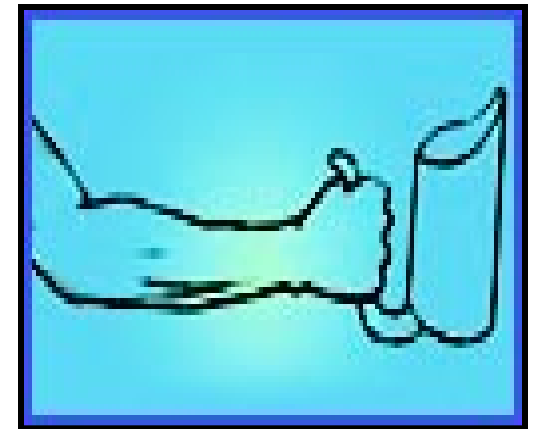
Strains & Sprains

- Control Measures
 - ▣ Use anti-fatigue mats on hard surfaces to help reduce the risk of fatigue.
 - ▣ Use mats in wet areas to soak up some of the liquids



Strains & Sprains

- Control Measures
 - Provide carts for bussing tables and moving dishes around.
 - Instruct staff to push carts and avoid Pulling.
 - Use ergonomically designed tools that allow the wrist to stay in the neutral position.



Burns

- Control Measures
 - ▣ Wait until the coffee is done brewing before removing the pot.
 - ▣ Use hot pads!



Burns

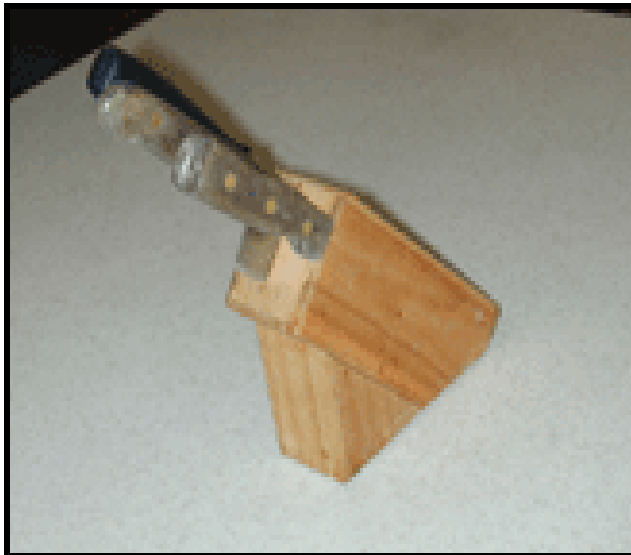
- Control Measures
 - ▣ Do not reach above ovens, steamers or fryers
 - ▣ Do not open cookers & steam ovens while under pressure



Cuts & Lacerations

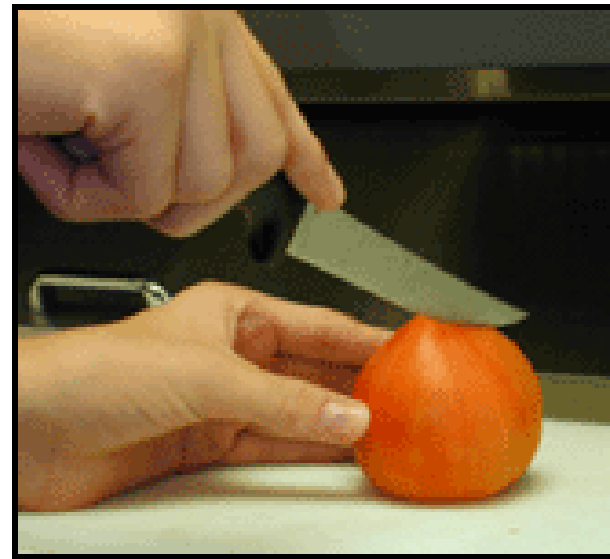
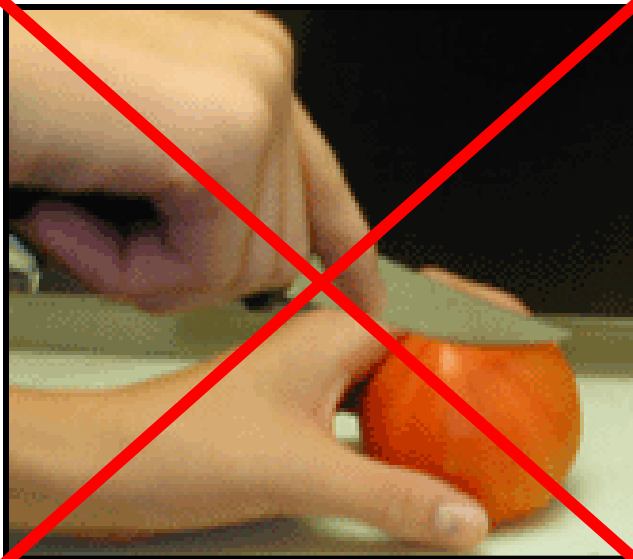
□ Control Measures

- ▣ Keep knives in holders when not in use.
- ▣ Keep knives sharp!



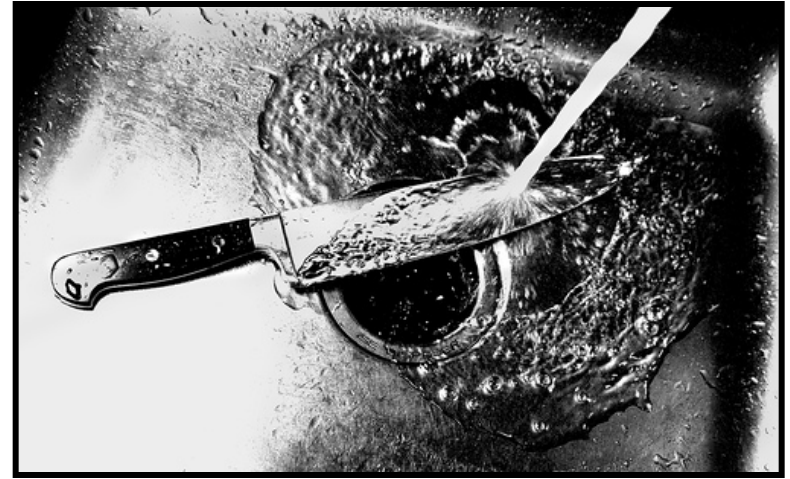
Cuts & Lacerations

- Control Measures
 - ▣ Instruct employees how to use knives correctly.



Cuts & Lacerations

- ❑ Control Measures
 - ❑ Do not place knives in the sink.
 - ❑ Wear cut-resistant gloves.
 - ❑ To maintain clean gloves consider a disposal cover.



Cuts & Lacerations

□ Control Measures

- ▣ Instruct employees on proper cleaning procedures for the meat slicer
 - Zero out the blade
 - Disconnect from power before service.



Special Hazards



- There are some hazards that require special attention.
 - ▣ Fires
 - ▣ Grease Trap Cleaning

Fire Prevention and Protection

- Most kitchen fires start due to the heating of fat or oil.
- Unattended cooking can also result in a kitchen fire.
- When oil/fat get hot it smokes a little at first, but if it gets hotter it bursts into flame.



Fire Safety Suggestions

- To extinguish a fat/oil fire cover it with a pot lid or use a fire extinguisher.
- **NEVER USE WATER on a fat/oil/grease fire!**
- **Do NOT attempt to carry or move a pan that's on fire.**
- Keep the appropriate lid close by while cooking so you can cover a pan that's on fire.
- Activate the kitchen hood fire suppression.
- Ensure hood system has been cleaned and fire system serviced.

Class/Types of Fires



Ordinary
Combustibles



Ordinary
Combustibles

Class A = Ordinary Combustibles (e.g. Wood, Paper, Rubber)



Flammable
Liquids



Flammable
Liquids

Class B = Flammable Liquids/Gases (e.g. Gasoline, Methane)



Electrical
Equipment



Electrical
Equipment

Class C = Energized Electrical (e.g. Electrical appliance plugged in)

Fire Extinguishers

- Fire extinguishers are marked to indicate the type of fire they can be used on.
- Access to fire extinguishers should not be blocked/obstructed.
- In most cases the extinguisher should be within 50 or 75 feet and within 30 feet for Class K extinguishers.
- After a fire extinguisher is used it must be recharged, do not put back in place.
- Most fire extinguishers will make a mess!

Class K



Class ABC



Class K Fires Continued

- Class "K" fires occur in cooking grease made from animal fat.
- These fires usually burn very hot and can be dangerous to extinguish.
- There are special fire extinguishers that are used for these types of fires and are usually in kitchen areas of restaurants/cafeterias.



Use a Fire Extinguisher = P.A.S.S.

- **P = Pull the pin** on the fire extinguisher handle.
- **A = Aim the nozzle/horn** of the extinguisher at the base/bottom of the fire.
- **S = Squeeze the fire extinguisher handles together** to make the extinguisher work.
- **S = Sweep the extinguisher from side to side** as if you were using a broom.
- View this video on the correct use of extinguishers. [Using A Fire Extinguisher](#)

Grease is the Word...



- “Grease” commonly refers to the fats, oils and waxes found in wastewater
- “Grease” in the Food Industry comes from butter, lard, vegetable fats and oils, meats, nuts and cereals
- “Grease” or “FOG” (Fats, Oils and Grease) by any other name is still a nuisance

Why Is Grease a Problem?

- Fats are among the more stable of the organic compounds and are not easily decomposed by bacteria
- Fats coat, congeal, and accumulate on pipes, pumps, and equipment and sometimes obstruct lines

BEWARE THE GREASE GOBLIN!



Grease Goblin

****ALL POINTS****
BULLETIN

**Be On the Lookout for the
Grease Goblin**

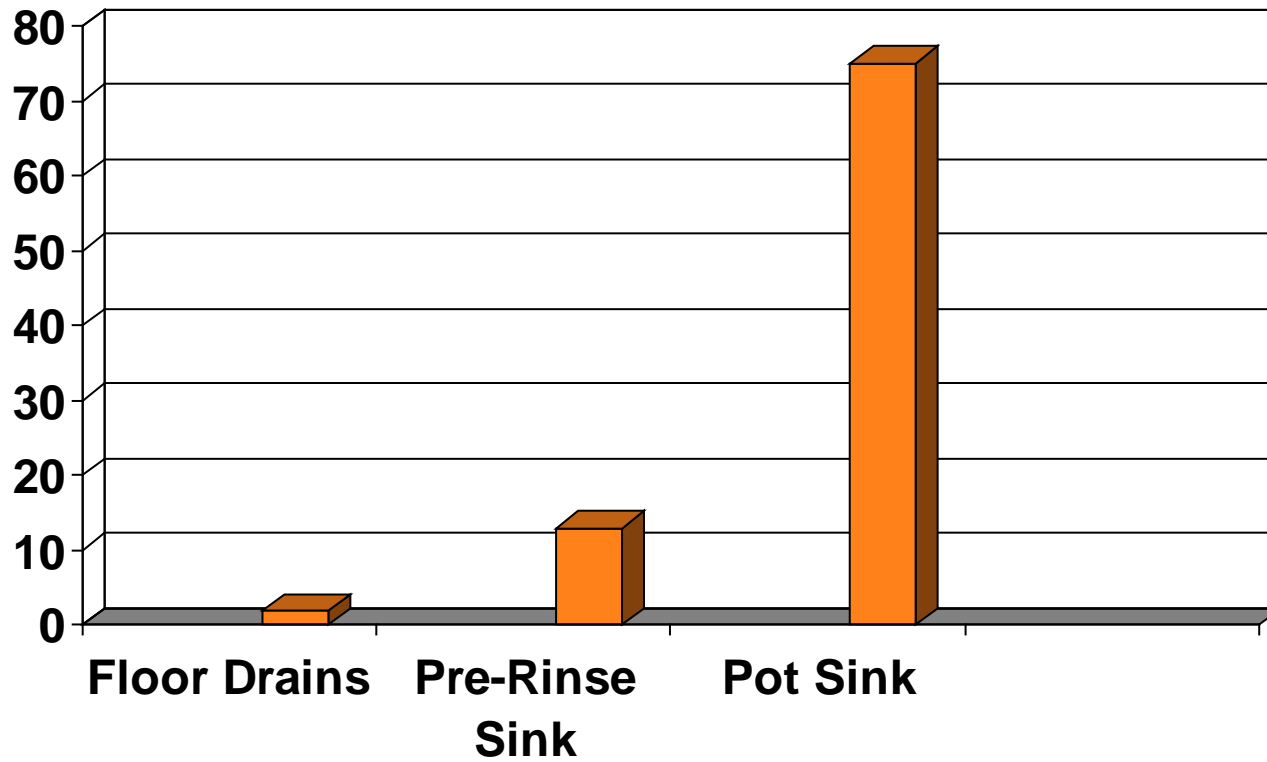
**Last Seen Loitering in Sinks
and Drains**

**Wanted for: Causing
Unsanitary and Costly Sewer
Overflows**

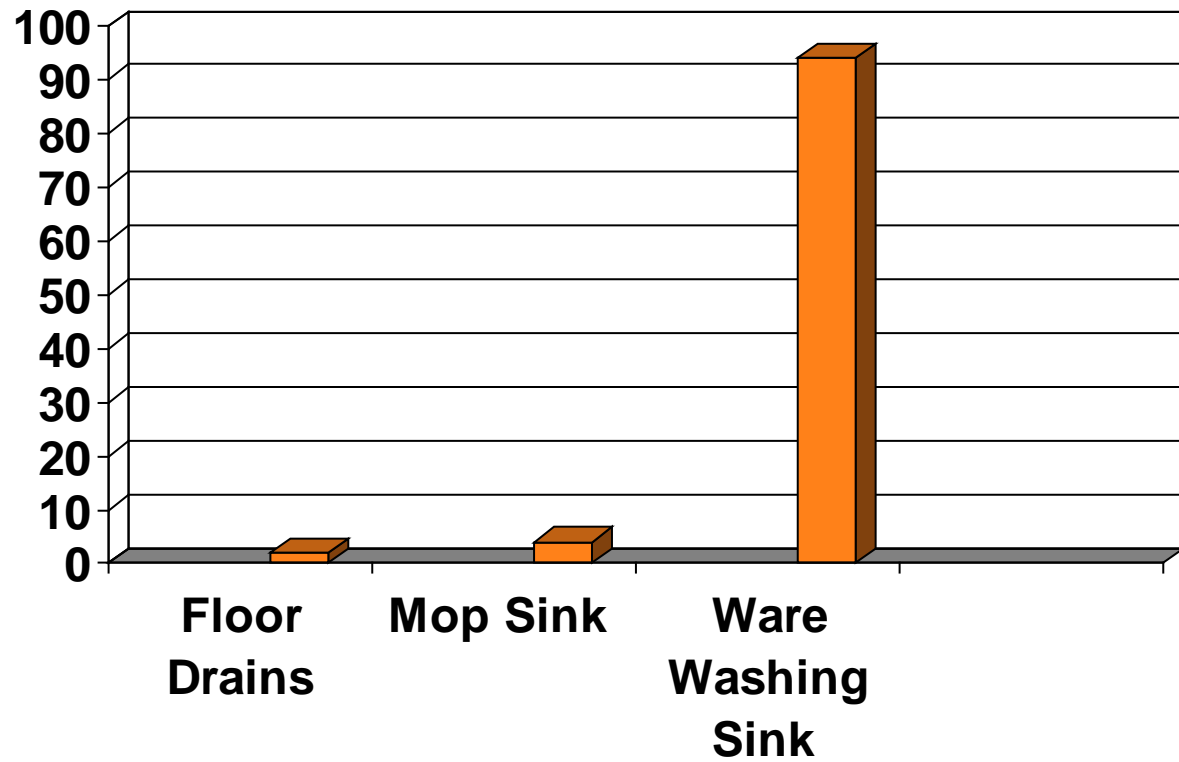
Where is Grease Generated?



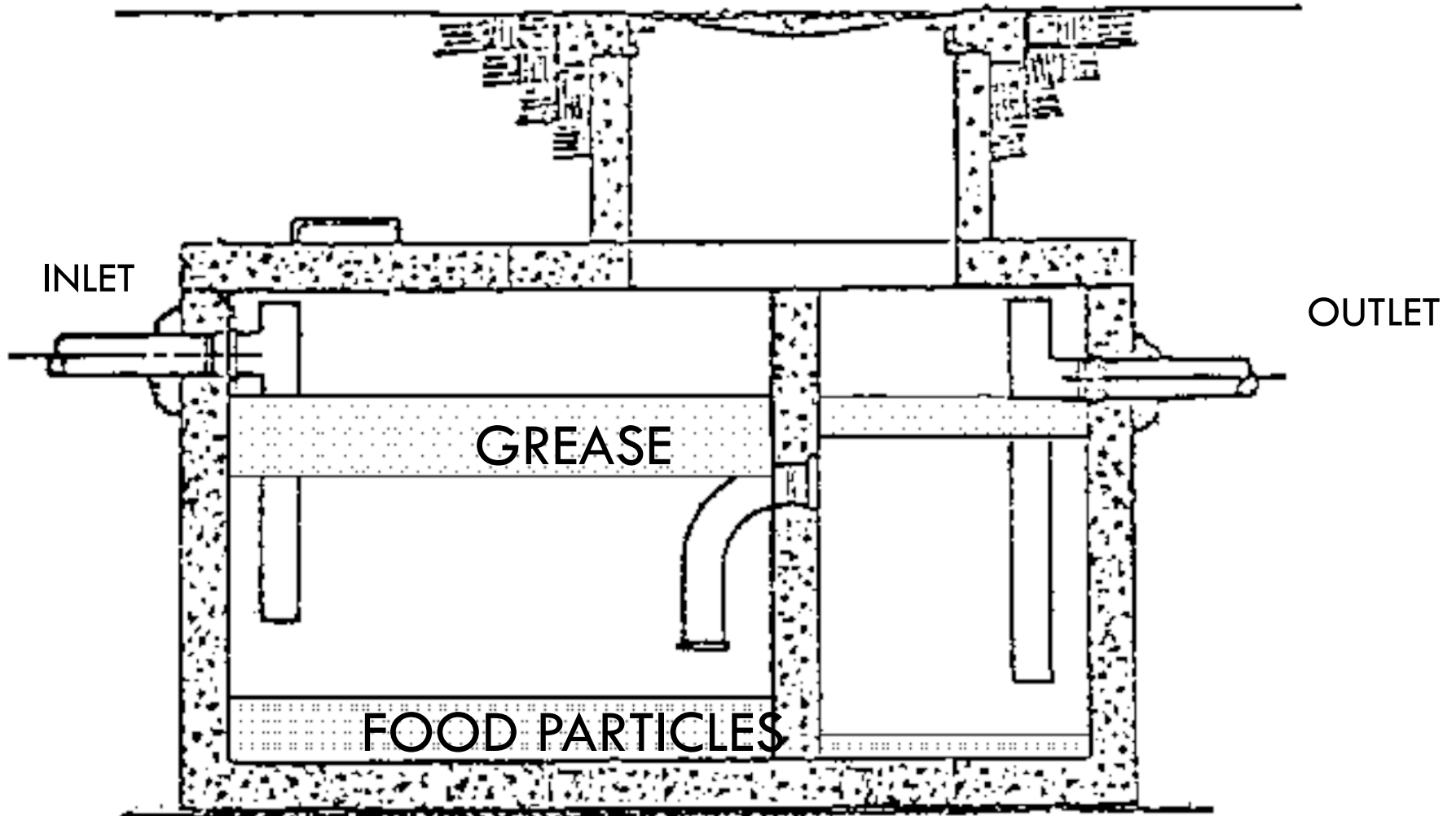
Generation Patterns by Fixture in Full-Service Restaurants



Generation Patterns by Fixture in Fast Food Restaurants



Grease Management



Under Sink Grease Traps

- Grease traps:
 - ▣ Primarily in place to prevent brown grease from entering the sewer or septic tanks.
 - ▣ Must be cleaned to prevent backups and maintain sanitary conditions.
 - ▣ The cleaning process can create several hazards including:
 - Grease on the floor (slip, trip, fall)
 - Exposure cleaning chemicals and potential blood born pathogens.
 - Splash on skin, face, and eyes.

Minimizing Exposure...

Reducing the risk of injury

- ❑ Most companies choose to clean their own grease tanks to maintain a clean facility.
- ❑ Full tanks create odors and may overflow.
- ❑ Moreover, pipes used to remove grease are never cleaned prior to entering your kitchen and may introduce raw sewage from septic tanks or other pathogens.
- ❑ Cleaning your tanks makes sense to prevent the need for additional labor to clean up after the pumper leaves.

Cleaning the Tank



Cleaning the Tank

- Designate a time to clean the tank. Avoid doing this during peak times and when performing other tasks that may require divided attention.
- Gather the necessary supplies.
 - Trash bags
 - Strainer or oil dry
 - Container for collecting grease.
 - Safety supplies: eye/face protection, gloves, etc.

Cleaning the Tank

- ❑ Make certain the area is clear and covered before opening the tank.
- ❑ As you remove the lid, be cautious of odors and fumes that may have accumulated. These odors can be harmful (hydrogen sulfide or methane).



Lingering Odors

If there is a constant odor of sewer gases surround the tank, check the gaskets. Over time these gaskets can fail allowing gases to escape.



Conclusion

- Providing a workplace free of recognized hazards requires a basic understanding of hazard awareness.
- When considering health and safety at your facility, ask yourself “How could I get hurt performing this task?”
- Make certain the answer is effectively communicated to your staff.

Additional Resources



- [OSHA Menu for Restaurant Safety](#)
- [Restaurant Safety](#)
- Contact your Workers' Compensation carrier for onsite audits.