

# Preventing Burn Injuries

The restaurant industry is one of the nation's largest employment sectors, employing approximately 6.5 million workers in the United States each year.

## Burn injuries

Work-related burns are a leading cause of occupational injury in the US. As many as one-third of occupational burns occur in restaurants, totaling about 12,000 reported cases per year, although the actual number is projected to be much higher.

## How can burn injuries be prevented?

- Avoid overcrowding on the range tops
- Set pot handles away from burners, and never stick handles out over the edge of the range
- Adjust burner flames to cover only the bottom of a pan
- Avoid loose clothing when working around ranges, ovens or machines
- Keep sleeves buttoned
- Check hot foods on stove carefully
- Place sealed cooking pouches in boiling water carefully to avoid splashing
- Do not leave hot oil or grease unattended
- Ask for help when moving or carrying a heavy pot of hot liquid
- Use hot pads when removing items from the microwave, and lift lids cautiously to allow steam to escape

## Fryer safety

- Provide grease containing units that dump automatically
- Provide fryers that lower food automatically into the hot oil
- Provide and use splash guards on fryers
- Wear protective clothing, use hot pads, potholders, gloves, or mitts
- Shake off excess ice crystals before placing fryer basket in hot oil
- Fill fryer baskets only ½ way
- Raise and lower fryer baskets gently
- Do not stand too close to or lean over hot oil
- Keep liquids and beverages away from fryers
- Follow directions when adding new fat or oil and/or when disposing of oil

For more information and additional risk management and prevention tools, visit: [fwcruminsurance.com](https://www.fwcruminsurance.com)