

Fact Sheet # I: Workplace Hazards in Fast Food Restaurants

This fact sheet is for teens who work in fast food restaurants and the employers who hire them. Teens can use this fact sheet to learn how to reduce the risk of getting injured at work. Employers can use this fact sheet as a training tool for teen workers and their supervisors.

Approximately 43% of all injuries to young workers in Washington happen in restaurants!

	Hazard	Effect	Possible Solutions
Safety Hazards	Cooking equipment	Burns or electric shocks	<ul style="list-style-type: none"> • Have guards around hot surfaces • Wear gloves or mitts • Minors under 16 cannot cook • Get proper training on how to use • Keep appliance in safe condition
	Hot oil/grease	Burns	<ul style="list-style-type: none"> • Wear protective clothing • Place food in basket first and then lower into hot oil, rather than drop directly into oil • Use lids or covers over vats with hot oil, when possible • Allow oil to cool before moving or disposing of it • Have splash guards • Use oil pans that dump automatically
	Knives and slicers, powered cutting equipment	Cuts	<ul style="list-style-type: none"> • Must be 18 or older to use power cutting equipment • Keep guards in place • Get proper training • Unplug when cleaning
	Slippery floors	Slips or falls	<ul style="list-style-type: none"> • Clean up spills quickly • Keep floors clean of debris • Use floor mats • Wear non-slip shoes
Chemical Hazards	Dishwashing products, sanitizers	Skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> • Use safer products • Wear gloves
	Cleaning products	Vapors may cause headaches or other health problems; skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> • Use safer products • Wear gloves when necessary • Have good ventilation
Other Hazards	Contact with public	Stress, criminal violence, robbery	<ul style="list-style-type: none"> • Have adequate security • Schedule at least two people per shift • Use barriers where money is handled • Get customer service training
	Standing for long periods	Back injuries, varicose veins	<ul style="list-style-type: none"> • Use floor mats • Take regular breaks • Rotate jobs
	Bending, reaching, stretching, and lifting	Muscle strains or sprains	<ul style="list-style-type: none"> • Keep heavy items on lower shelves • Rotate jobs • Use helpers
	Exposure to items contaminated with human blood or body fluids, Needle sticks from syringes when cleaning	blood borne diseases	<ul style="list-style-type: none"> • Must be 18 or older to clean up • Wear personal protective equipment • Get proper training on how to clean up

