# Cook / Kitchen Staff

English version



## Occupational Risk Prevention
## For Employees

présanse
PRÉVENTION ET SANTÉ AU TRAVAIL
PROVENCE-ALPES-CÔTE D'AZUR-CORSE

# SAME-LEVEL FALLS – FALLS FROM HEIGHT

## Slippery floors, wet floors, stairs, mezzanines, step stools (risk of falls)

- Wear non-slip safety shoes.
- Regularly clean floors, drains, and gutters.
- Use secure step stools.
- Keep premises tidy and access ways clear.



# MANUAL HANDLING

## Risk of musculoskeletal disorders (MSDs)

- Use handling aids equipped with wheels and handles at waist height (e.g., hand trucks, three-wheel stair climbers, pallet trucks).
- When lifting a load, move close to it, keep your back straight and bend your knees.
- Work on a surface at hip height, with elbows close to the body.
- Alternate postures to avoid repetitive movements.
- Limit carrying distances and the weight of loads.
- Organize storage: place frequently handled and/or heavy goods at mid-height, avoiding floor-level storage.
- Use waste bins fitted with wheels for easier movement.
- Request training on manual handling and working postures.



# CHEMICAL RISK – FUMES

## Handling chemical products

- Read hazard pictograms and information on product packaging.
- Wear PPE: preferably nitrile gloves, safety goggles, work clothing.
- Wash hands after using products.
- Do not transfer products into food containers or previously used containers; label any new containers.
- Never mix products, as toxic gases may be released (e.g., bleach and acid).
- Avoid overdosing; follow the supplier's dilution instructions.

## Cooking area – Fumes

- Switch on the extractor hood above cooking areas at the start of the shift.
- Clean filters regularly.

# BIOLOGICAL AGENTS

- Wear disposable gloves when handling allergenic foods (kiwi, spices, garlic, etc.).
- Wear cut-resistant gloves and arm protectors (Standard NF EN 1082-1) to prevent cuts and infections from fish scales.
- Wear finger protectors or gloves after sustaining a wound.



# USE OF MACHINERY AND TOOLS

### CUTS, BURNS, BRUISES

- Wear fitted work clothing and keep hair tied back.
- Do not wear jewelry (rings, bracelets, etc.).
- Keep knives sharp and in good condition (peeling, cutting, etc.).
- Do not bypass machine safety systems.
- Maintain machines after each use (unplug before any intervention).
- Immediately report defective equipment to the employer.

## Burn risk

- Wear oven mitts or use dry cloths to handle hot dishes.
- Turn saucepan handles inward to prevent tipping.
- Allow oil and/or grease to cool before transferring to dedicated containers.
- In case of a fryer fire, never use water; always use a fire blanket.

## THERMAL CONDITIONS (HOT / COLD)

### Heat in the kitchen

- Stay hydrated regularly.
- Prevent venous insufficiency: regular physical activity, compression stockings, low-heeled shoes, resting with legs elevated.

### Working in cold environments – Negative cold room

- Check that the cold room door can be opened from the inside.
- Wear appropriate cold-protection PPE (parka, cold-resistant gloves, hat, etc.).

## PSYCHOSOCIAL RISKS

**WORKING UNDER TIME PRESSURE DURING PEAK HOURS, SPLIT SHIFTS, HANDLING MULTIPLE TASKS SIMULTANEOUSLY, EVENING AND WEEKEND WORK.**

- Promote teamwork and mutual support in the kitchen.
- Maintain courteous communication in all circumstances.
- Report any difficulties to the employer (organizational, material, etc.).
- Request a medical appointment with the occupational health physician if needed.

### LEARN MORE

For any questions, contact your occupational physician or the multidisciplinary team of your Occupational Health and Prevention Service

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