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 suggests that the probability of an incident (RISK) is due to exposure to workplace hazards while preformatting tasks (serving guests, preparing food, and cleaning).

- Moreover, guests 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 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
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 A = Ordinary Combustibles (e.g. Wood, Paper, Rubber)

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

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 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!

**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

- Floor Drains
- Pre-Rinse Sink
- Pot Sink
Generation Patterns by Fixture in Fast Food Restaurants

![Bar chart showing generation patterns by fixture in fast food restaurants. The chart indicates that ware washing sinks have significantly higher generation patterns compared to floor drains and mop sinks.](chart.png)
Grease Management

INLET

GREASE

FOOD PARTICLES

OUTLET
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.