“For more than 20 years, we have been transforming lives for thousands of qualified students across the country. We continue to manage the largest independent culinary scholarship program in the nation and, to date, have awarded over $37 million.” – Susan Robbins, C-CAP President

Many teens’ first work experience will be in the restaurant industry. Identifying potential hazards and providing training will reduce and may prevent injuries. We all play a critical role in educating the young worker who enters the workforce, ready to begin “real work facing real risks.”

To prevent workplace injuries among young employees – training plays an important role, as well as having a safe work environment, and implementing an effective system for identifying and addressing workplace hazards.

Employers must follow all OSHA safety and health standards to prevent employees from being injured or becoming ill on the job. For those employees who are under age 18, there may be limits on the hours they work, the jobs they can do and the equipment they can use.


Youth Worker Restaurant Safety etool created by Occupational Safety & Health Administration Resource: http://www.osha.gov/SLTC/youth/restaurant/index.html

Restaurant work activities that may be restricted:
- Power driven meat slicers and grinders (under 18)
- Power-driven bakery equipment (under 18)
- Contact with hazardous substances (under 18)
- Selling, serving alcoholic beverages (under 18)

Potential Hazards:
- Lifting heavy objects
- Slippery floors
- Sharp objects: knives, graters, shredders or slicers
- Deep fat fryers, hot liquids, or heated surfaces
- Electrical appliances
- Cleaning chemicals
- Prolonged standing
- Temperature exposures
- Noise exposures
- Workplace violence

Safety Practice:
- Follow workplace procedures
- Get trained before using equipment
- Report potential hazards
- Read and follow all warning signs and postings
- Ask questions when unsure
Potential Hazards and Solutions:

**Lifting and Carrying Heavy Objects**
- Get help lifting; use your legs, not your back
- Avoid twisting while lifting
- Don’t overreach
- Use wheeled carts to transport objects

**Slippery Floors**
- Wear sturdy non-slip, footwear
- Use non-slip mats when provided
- Use caution signs on wet floors

**Sharp Objects-Knives, Graters, Shredders, or Slicers**
- Wear steel mesh gloves when cutting
- Let a falling knife fall
- Store sharp knives in racks or sheaths
- Clean up broken glass

**Deep Fat Fryers, Hot Liquids or Heated Surfaces**
- Do not stand too close or lean over hot oil
- Do not spill water or ice into hot oil
- Wear long-sleeve shirts and long pants
- Use oven mitts for hot items
- Wait until oil is cool to move container

**Electrical Shock from Damaged Electrical Cords or Faulty Appliances**
- Do not plug in electrical equipment with wet hands
- Do not use frayed cords or defective equipment

**Cleaning Chemicals**
- Ask for training before using chemicals
- Read labels before using
- Wear personal protective equipment

**Prolonged Standing**
- Wear proper work shoes with well cushioned instep and soles
- Use anti-fatigue mats when provided

**Exposure to Temperature Extremes**
- Wear proper uniform or cool, comfortable, breathable clothing, like cotton
- Request a break from the hot environment if needed, to allow your body to cool down
- Drink plenty of water in hot environments
- Observe safety procedures or wear protective equipment (such as gloves or protective aprons)

**Workplace Violence**
- Don’t count cash or close till in front of customers
- Ask supervisor what to do in an emergency
- Have emergency telephone numbers handy
- Do not resist during an attempted robbery

**Noisy Environments**
- Fit drive-thru headsets properly to your head
- Don’t turn head-set volumes up excessively high

Source: Xtreme Safety article, wsh_youth_fastfood_197818.pdf

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**About C-CAP**

C-CAP works with high schools across the country to prepare at-risk students for college and career opportunities in the restaurant and hospitality industry. A national nonprofit, C-CAP manages the largest independent culinary scholarship program in the United States. C-CAP provides training and curriculum enrichment programs including: job training and internships, teacher training, cooking competitions and scholarships, college advising, career advising, and product donations.

C-CAP operates programs in seven locations: New York; Los Angeles; Chicago; Philadelphia; Hampton Roads, VA; District of Columbia/Prince George’s County, MD; and statewide in Arizona. For more information about C-CAP, visit [www.ccapinc.org](http://www.ccapinc.org).