

Restaurant and Cafeteria Safety

Start here: simple safety reminders for your first shifts

This is a learning summary, not your workplace policy. Ask your supervisor about rules and equipment at your job site.

Before you start

- Get training before using equipment or doing a new task.
- Ask questions when you are not sure what to do.
- Look for hazards in your work area before you begin.
- Know who to tell if something seems unsafe.

Keep people safe

- Keep aisles and exits clear. Put away materials and empty boxes.
- Watch for wet floors and other trip hazards. Follow your workplace's spill procedure.
- Do not stand on chairs, carts, or buckets to reach something.
- Tell a supervisor if an exit is blocked or equipment is broken.

Use equipment safely

- Keep your hands, hair, and loose clothing away from moving parts.
- Do not clean, fix, or adjust equipment unless you have been trained and told it is safe.
- Use chemicals only as you were trained. Read the workplace label and ask questions.

Pause and ask for help

- Stop and ask if you do not understand a task or a safety instruction.
- Tell a supervisor about a hazard, injury, or possible safety problem right away.
- Your workplace may have additional rules for equipment, spills, chemicals, and emergencies.

Safety at Work: What To Do

Use these examples to practice your response. Follow your workplace's actual procedure.

When you are unsure, do not guess. Stop, move away from the hazard if needed, and ask a supervisor.

A spill or wet floor

- Keep others from walking into the area if you can do so safely.
- Tell the supervisor and follow the workplace spill procedure.

A blocked aisle or exit

- Do not leave boxes, carts, or supplies in the path.
- Put materials away or tell a supervisor right away.

New or moving equipment

- Do not start until someone has trained you.
- Keep hands, hair, clothing, and jewelry away from moving parts.

A cleaning chemical

- Use it only after training and only as directed by the workplace label.
- Ask where to find the Safety Data Sheet (SDS) if you need more information.

You need to reach something high

- Do not climb on a chair, cart, or bucket.
- Ask for the correct equipment or help from staff.

You feel unsafe or confused

- Pause the task and explain what you are unsure about.
- Ask: "Can you show me the safe way to do this?"

Words to know

Hazard

Something that could hurt someone.

Safety Data Sheet (SDS)

A document with safety information about a chemical.

Procedure

The steps your workplace wants you to follow.