

Are You K.I.T.Ch.E.N Ready?

Know your health

Is my body temperature higher than 37°C?

Am I feeling unwell or on medication?

Do I have any injuries?



Indicate my tasks for the day

What and how will I cook today?

What are the other tasks that I will be doing today?

Think about personal protection

Am I familiar with the equipment that I will be using today?

Do I have the Personal Protective Equipment (PPE) to perform my work?



Check work area for hazards

Which **station** am I
working at today?

What are the **possible risks and
common incidents** at my station?

Ensure control measures are in place

Identified hazard(s)

1. _____
2. _____
3. _____
4. _____

Control measure(s)

1. _____
2. _____
3. _____
4. _____

Notify supervisor of any safety or health concerns

Any recent **near misses/
incidents** to report?

Any **unsafe act or
condition** to highlight?

Supervisor Contact Information

您是否拥有厨房安全意识？

了解今日的健康状况

我的体温
是否高于摄氏
37度？

我是否
感觉不适或正在
服食药物？

我是否有任何
身体损伤？

列出今日的职务

今天我需要烹煮什么菜肴？
我会采取哪些烹调方式？

我还需要胜任其他职务吗？

考虑自我保护

我是否对于将
使用的器材或用具
拥有充分的了解？

我是否具备所需
的个人防护配备来
执行职务？



辨认潜在 工作区的隐患

我今天属于哪个工作区？

我今天所属的工作区潜在着
什么风险与常见的工伤事故？

确保实施控制措施

辨认隐患

1. _____
2. _____
3. _____
4. _____

实施控制措施

1. _____
2. _____
3. _____
4. _____

通知主管任何不安全 的工作行为或状况

是否有任何
未遂事故可汇报？

是否有任何不安全行为
或状况可汇报？

主管的联络资料