

# 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?

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

### Example of Tasks\*

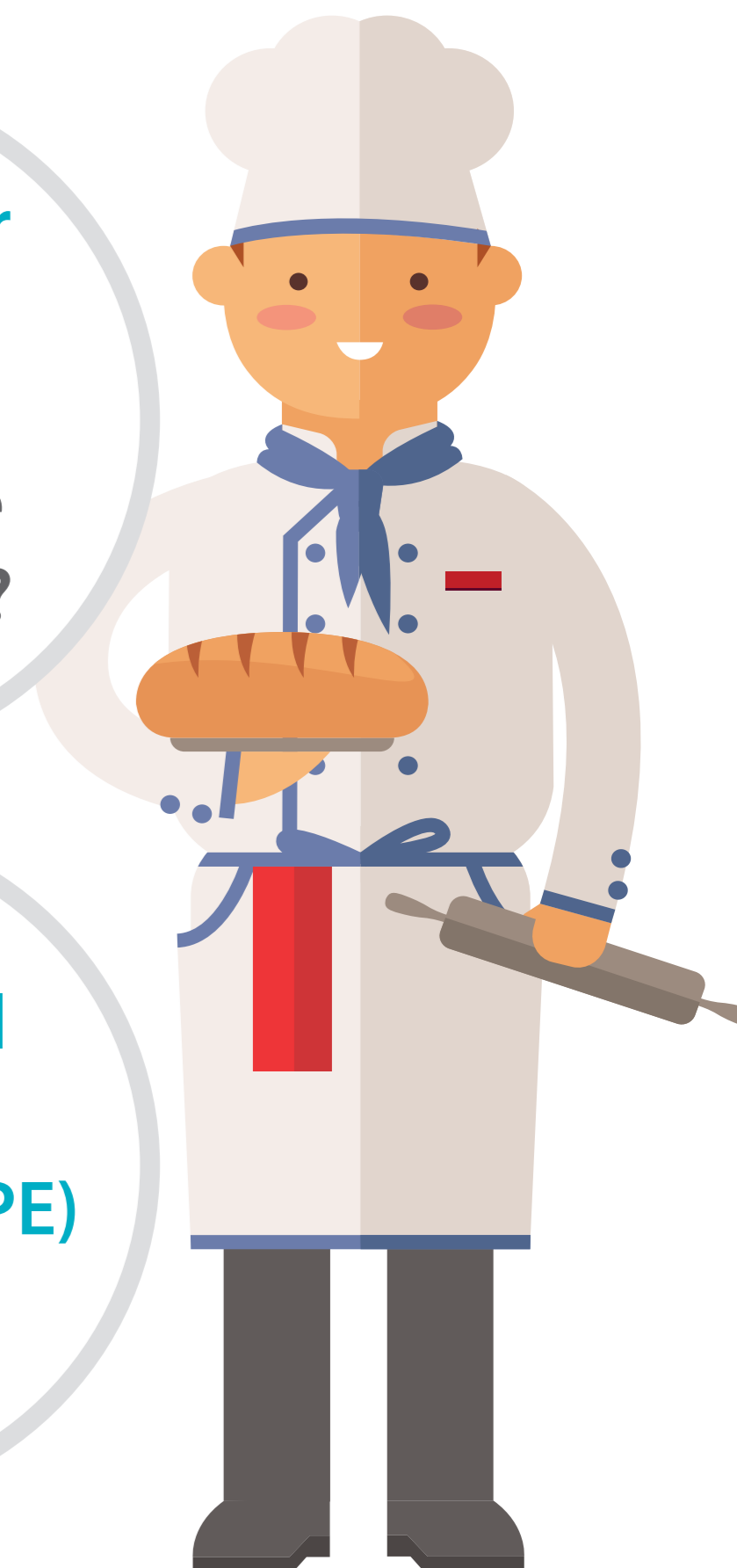
- Chopping/cutting
- Deep frying/Stir frying
- Grilling
- Baking
- Transferring hot food/liquids
- Using powered tools e.g. blender, grinder and dough mixing machines
- Handling live seafood
- Lifting heavy items
- Cleaning kitchen equipment

*\* List above is not exhaustive*

## 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?

## Example of work stations\*:

- Main Kitchen
- Sauce Section
- Roast Section
- Raw Food Section
- Cold Kitchen
- Pantry Section
- Soup Section
- Commiserie Section
- Vegetable Section
- Pastry Section
- Confectionery Section
- Bakery Section

*\* List above is not exhaustive*

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

# Ensure control measures are in place

## Examples:

Identified hazard(s)	Control measure(s)
<ul style="list-style-type: none"> <li>● Cut by mandoline slicer</li> </ul>	<ul style="list-style-type: none"> <li>● Wear cut-resistant gloves.</li> </ul>
<ul style="list-style-type: none"> <li>● Hand/Fingers caught in food processors (e.g. mixer, mincer)</li> </ul>	<ul style="list-style-type: none"> <li>● Turn off machine before clearing jam or cleaning blades. To ensure machine guarding is on before commencing operations.</li> </ul>
<ul style="list-style-type: none"> <li>● Cut by knives, sharp objects</li> </ul>	<ul style="list-style-type: none"> <li>● Wear cut-resistant gloves.</li> </ul>
<ul style="list-style-type: none"> <li>● Scald by hot pan</li> </ul>	<ul style="list-style-type: none"> <li>● Use gloves when handling.</li> </ul>
<ul style="list-style-type: none"> <li>● Slip and fall on wet floor</li> </ul>	<ul style="list-style-type: none"> <li>● Clean up spills immediately.</li> </ul>
<ul style="list-style-type: none"> <li>● Lifting heavy loads</li> </ul>	<ul style="list-style-type: none"> <li>● Use proper lifting technique or get help from co-worker.</li> </ul>

# 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?

### 职务例子\*:

- 剁/切
- 油炸/炒拌
- 烧烤
- 烘培
- 处理滚烫食物或液体
- 使用电动器材, 如搅拌器、绞肉机和面团搅拌机
- 处理活海鲜
- 搬运重物
- 清洗厨房用具或器材

\* 以上所列并不涵盖所有工作范围

## 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？

## 工作区例子\*：

- 主厨房
- 酱汁区
- 烧烤区
- 生食区
- 冷菜区
- 食品储藏区
- 汤类区
- 处理生蔬菜区
- 蔬菜烹调区
- 西点区
- 糕饼区
- 烘焙区

\* 以上所列并不涵盖所有工作区

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

例子：

辨认隐患	实施控制措施
• 被切片器割伤	• 穿戴防割手套
• 手/手指被卷入食品加工器材（如搅拌机、切碎机）	• 进行清除堵塞或清洗割刀前先关闭机器。进行运作前先确保机器保护装置已启动。
• 被刀或锋利体割伤	• 穿戴防割手套
• 被热锅灼伤	• 进行食物处理或机器操作时使用手套
• 在湿滑地面滑倒	• 立即清理溢漏物
• 搬运重物	• 搬运重物时，使用正确方式或寻求工作伙伴的帮助。

# 通知主管任何不安全的工作行为或状况

是否有任何**未逐事故**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



Tripartite Alliance for  
Workplace Safety and Health