



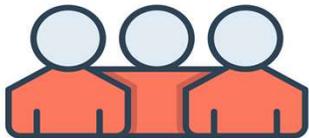
**Workplace Safety and Health (WSH)
Good Mental & Physical Well-Being for
Chefs & Kitchen Staff**





WORK ACCIDENT

Workplace Safety



Relationship

Mental Health



One in seven people in Singapore have experienced mental disorders



Health & Body

Wellness



I can't do it

Self-esteem

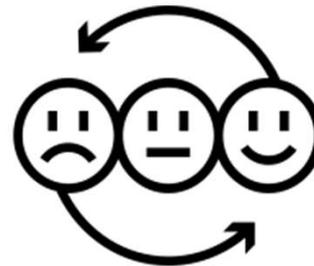
ARE YOU AWARE OF YOURSELF & THE SURROUNDING

SIGN & SYMPTOMS of Mental Disorder

Sad & Down



Extreme Mood Changes



Reduced Ability To Concentrate



Withdrawal From Friends



Excessive Anger



Major Changes in Eating Habits

Tiredness, Low Energy

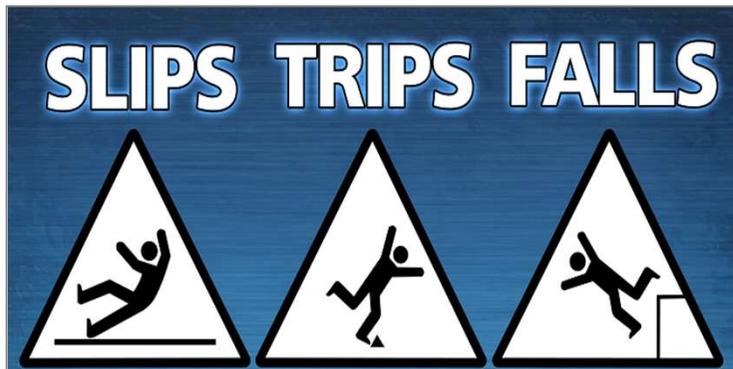


**ARE YOU AWARE OF THESE
HAZARDS IN KITCHEN ?!**

SLIPS, TRIPS, FALLS

SCALDING & BURNS

CUTS



Slips, Trips and Falls

- ✓ Clean up spills immediately
- ✓ Keep kitchen floor clean and dry
- ✓ Wear non-slip shoes
- ✓ Place of standing signage for alert - "Wet floor"
- ✓ Qualified first-aider(s) in workplace to provide immediate attention



Real Case

There was some issue with a walk-in freezer compressor, caused water drip and ice formation on the floor. A young staff accidentally step on the ice, slip and fall and hurt the back. The staff recovered after few days.

But, imagine if it was a elderly? Or pregnant staff?

How to Prevent?

- ✓ Immediately report for maintenance or repair.
- ✓ Place a standing signage or at least a item to prevent anyone to step on it.
- ✓ Clean up the floor immediately if any ice/ water on the floor.

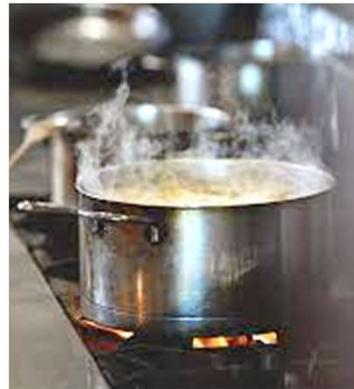


Scalding and Burns by Hot Liquids or Steam

- ✓ Place of signage for alert - “Hot Surface”
- ✓ Technology – Equipment with steam releasing valve (e.g. modern cooker, steamer)
- ✓ Ensure equipment is well maintain and in good functioning condition
- ✓ Qualified first-aider(s) in workplace to provide immediate attention



You should be mindful of **hot surfaces & steam** in kitchen!!!



Cooking on fire



Combi Oven/ Hot Steam



Pressure Cooker

Else?! Consequences!!!



Cuts by Knives or Machines

- ✓ Select the right knife for the task
- ✓ Keep blades sharpened and handles in good condition
- ✓ Always use a cutting board/ cut resistant gloves
- ✓ Cut downwards with firm even pressure, away from body
- ✓ Clean knives immediately after use, or place in designated container for later cleaning
- ✓ Store knives safely in block or rack
- ✓ Never try to catch a falling knife
- ✓ Qualified first-aiders in workplace to provide immediate attention



What are the **sharp surfaces** in kitchen?!



Knife Cut



Slicer



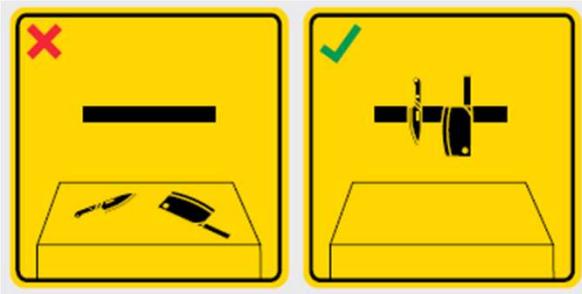
Slicing Machine

Provide proper tools and create awareness!

Signage (sharp machine)



Magnetic bar/ holder for knife storage



Cut resistant gloves



Awareness poster



FOR OVERALL SAFETY & WELL BEING

Report to your supervisor if you feel unwell.



Dress properly in the kitchen.



Keep the kitchen tidy and clear of clutter.



Be familiar with the equipment/ machine.



ALWAYS ASK FOR HELP if you need to!



OPEN YOUR EYES BIG BIG!

BE ALERT on your surroundings!



Health & Body Wellness

CHRONIC DISEASES

CANCER



DIABETES



HEART DISEASE



STROKE



OBESITY



TOBACCO USE



CHRONIC LUNG
DISEASE



CHRONIC KIDNEY
DISEASE



ARTHRITIS



ALZHEIMER'S
DISEASE



TOOTH DECAY



MATERNAL
DEATHS



Mental & Physical Health Advice for Kitchen Staff

BALANCE DIET



EXERCISE



SUFFICIENT REST



STAY HYDRATED



QUIT SMOKING



SCHEDULE BREAKS



Schedule Breaks

LIMIT SHIFT WORK



Create A Friendly and Great Working Environment



Staff Meal Together



Buddy System



Staff Gathering



Staff Recognition



Staff Feedback



Staff Training

THANK YOU !!!

Stay Safe
AND
Healthy

