



# **Workplace Safety and Health (WSH)**

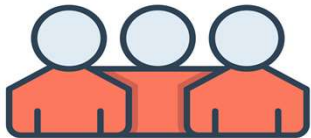
## **Good Mental & Physical Well-Being for Chefs & Kitchen Staff**





WORK ACCIDENT

**Workplace Safety**



**Relationship**

**Mental Health**



One in seven people in Singapore have experienced mental disorders



**Health & Body**

**Wellness**



**Self-esteem**

ARE YOU AWARE OF YOURSELF & THE SURROUNDING

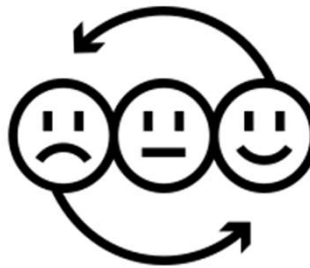
# **SIGN & SYMPTOMS of Mental Disorder**

Sad & Down



Reduced Ability To Concentrate

Extreme Mood Changes



Tiredness, Low Energy



Withdrawal From Friends



Excessive Anger



Major Changes in Eating Habits



## 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



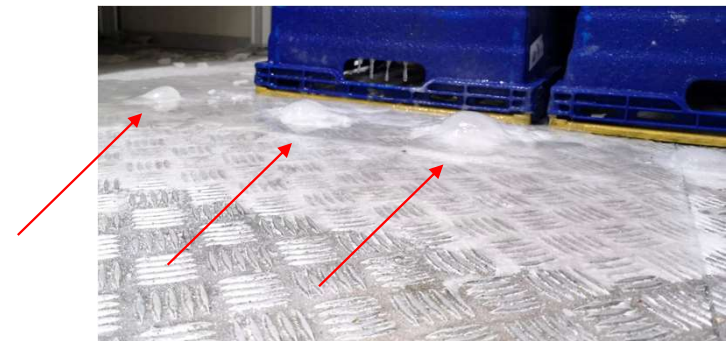
## Real Case

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-aider(s) in workplace to provide immediate attention



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



Knife Cut



Slicer



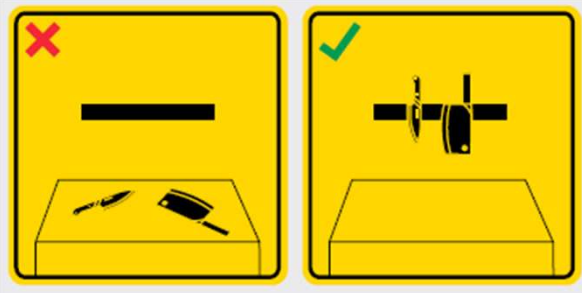
Slicing Machine

**Provide proper tools and create awareness!**

Signage (sharp machine)



Magnetic bar/ holder for knife storage



Cut resistant gloves



Awareness poster

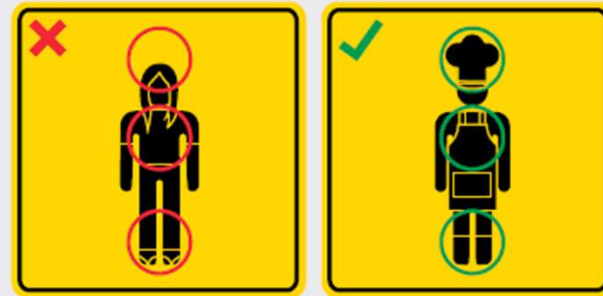


## FOR OVERALL SAFETY & WELL BEING

**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



## 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

