

Prevention – Burns

Preventing burns means following general and specific equipment guidance on the fryer, grill, and other equipment. The best prevention against burns is to wear personal protective safety equipment - an apron, neoprene gloves, and face shield - when operating the filtering machine and cleaning the fryer and grill.

It is essential that proper procedures, protective equipment, and a high degree of caution be used consistently to prevent burns while working in the restaurant. Burns in restaurants can occur very quickly – the following table shows how quickly a third degree burn can occur upon contact with hot water:

Water Temperature	Time for a Third Degree Burn to Occur
155° F	1 second
148° F	2 seconds
140° F	5 seconds
133° F	15 seconds
127° F	1 minute
124° F	3 minutes
120° F	5 minutes

Consequences of Burns:

- ✓ When hot liquid makes contact with the skin, cells are killed by the heat. In many cases, contact with very hot liquid can damage tissue extensively, the contact may only last a second or so, but damage can still occur.
- ✓ Eye contact with hot liquids, even a small amount, can be very damaging and an ophthalmologist (eye doctor) should always be consulted.
- ✓ Physically, victims may suffer from chronic pain and scarring. Socially, workers may have difficulty re-integrating into the community, and may experience anxiety, depression, or other psychological symptoms.
- ✓ The economic costs may also be high. Workers' compensation pays only a portion of lost wages. Some workers may not be able to return to their pre-injury job. Employers bear the costs associated with lost productivity, reduced competitiveness, employee rehiring and retraining, as well being subject to increases in workers' compensation premiums.

Prevention:

- ✓ Always wear an apron, face shield, arm bends, and gloves when filtering, topping off, or cleaning the fryer. Automatic filtering and refilling systems lessen the risk, but do not eliminate it entirely. When in doubt, be safe and use personal protective equipment.
- ✓ Never touch the hot oil in the fryer. Lower and raise items in a slow, deliberate manner, reducing potential for splashing and dripping hot oil.
- ✓ Do not touch the heat lamp in the fry holding area. Remember, all surfaces in this area are hot!
- ✓ Avoid splashes in the hot oil. Do not drop objects into the oil, and never put water or anything wet in the oil.
- ✓ Use proper oil transfer carts or approved sealed stainless steel container to transport hot oil. Never put hot oil in a plastic container.
- ✓ Keep the floor in work areas clean and dry. If a slip or fall occurs, the employee may come in contact with a hot surface or hot liquid.
- ✓ Wear slip-resistant shoes.
- ✓ Never touch the grill or upper platen.
- ✓ Always use the safety-modified grill scrapers.
- ✓ When cleaning the grill or using cleaning chemicals, always wear gloves and a face shield. Hot surfaces may cause chemicals to spatter or evaporate quickly, getting into the employee's eyes.
- ✓ Use proper equipment to clean the grill. Scrapers with guards prevent contact with the upper platen.
- ✓ Avoid contact with steam. Make sure to position your hands away from steam release points. Ensure that all employees are trained on where the steam release points are.
- ✓ Use oven mitts when removing hot items from the oven.
- ✓ Use caution when placing buns in the toaster.
- ✓ Use caution when brewing and serving coffee. The pots, coffee, and heating surfaces are all hot contact areas that can cause burns.



FIRST AID FOR SCALD BURNS

FOR ALL BURNS

- ✓ **FIRST - put out any flames**, remove any restrictive jewelry or clothing.
- ✓ **Check** that the **Airway** is open, the person is **Breathing** and that there are signs of **Circulation**.
- ✓ **Don't use ice**. Putting ice directly on a burn can cause even more damage.
- ✓ **Don't apply butter, burn gels, creams or lotions**. These can prevent proper healing.
- ✓ **Don't break blisters**. Broken blisters can increase chances of infection.
- ✓ **If the person has slipped, tripped or fallen** be aware that they may have injuries in addition to the burn, try to keep them in one place to prevent worsening other possible injuries.

MINOR BURNS

These are first or second degree burns that cover only a small part of the body.

TREATMENT:

Remove any clothing where hot liquid has spilled.

Cool the burn. Hold the burned area under cool running water for at least five minutes, or until the pain subsides. If this is impractical, submerge the burn in cool water. Cooling the burn reduces swelling by conducting heat away from the skin.

Cover the burn with a dry sterile gauze bandage. Wrap the bandage loosely to avoid putting pressure on burned skin. Bandaging keeps air off the burned skin reduces pain and protects blistered skin.

Call your physician immediately if any sign of infection occurs, such as increased pain, redness or fever.

MAJOR BURNS

These are second or third degree burns over large surfaces of the body or face, hands, feet or genital area.

TREATMENT:

CALL 911 for emergency medical assistance. Until an emergency unit arrives, follow these steps:

IF burns cover an area equal to an arm or leg, keep the victim lying down.

DON'T immerse large severe burns in cold water. Doing so could cause shock.

Watch the person carefully for difficulty with breathing

DON'T allow the victim to drink anything

Elevate the burned body part or parts. Raise burned body part(s) above heart level, when possible.

Cover with a clean sheet or blanket, keep the victim warm