



# MASSACHUSETTS DEPARTMENT OF LABOR STANDARDS

## Kitchen Safety Tips

In 2014-2016, the Massachusetts Department of Labor Standards has conducted more than 20 inspections in school kitchens to investigate work-related injuries. Types of injuries include amputation, back injury, and slip/trip injury.

**The following safety tips are provided  
to prevent these accidents at your kitchen:**

### Amputation

- Use cut-resistant gloves when cleaning deli-slicer.
- Install throat guards at the openings of sink disposal
- Install interlocked guard on dough mixers.
- Follow manufacturer's instructions on de-energizing appliances before cleaning or maintenance.



### Slip/Trip

- Keep floors as dry as possible.
- Choose floor cleaning products with your vendor to improve floor traction.
- Repair floor holes and broken floor surfaces.
- Remove clutter, cords, and boxes from walkways.
- Remove ice from floor of walk-in freezers.



### Back Injury

- Store heavy items below chest level.
- Reduce weight of items lifted.

A rule of thumb is to lift less than 35 pounds.



For additional resources or to contact DLS, visit: [mass.gov/info-details/safetyworks-resources](http://mass.gov/info-details/safetyworks-resources)