MERCURY

Occupational Health and Safety Procedures in the Kitchen

28 June – 2 July 2027
Lisbon (Portugal)



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Occupational Health and Safety Procedures in the Kitchen

Ref: 16126_1007395 **Date:** 28 June – 2 July 2027 **Location:** Lisbon (Portugal) **Fees:** 5600 Euro

Introduction:

Ensuring occupational health and safety in any commercial or institutional kitchen is crucial to maintaining a secure, productive, and legally compliant working environment. Kitchens are fast-paced settings where hazards like burns, slips, cuts, and contamination can occur if proper procedures are not followed.

This Occupational Health and Safety Procedures in the Kitchen course instills essential safety principles, practices, and protocols required in professional kitchen environments. Participants will explore hazard identification, risk assessment, fire safety, food hygiene, and safe equipment handling tailored to culinary workplaces.

This Occupational Health and Safety Procedures in the Kitchen training covers the development of safety plans, emergency response actions, and regulatory compliance aligned with workplace safety legislation. It empowers kitchen professionals to create and sustain a safety-first culture in high-pressure environments. Participants will have the skills to reduce workplace incidents and support a safer, more efficient kitchen operation.

Targeted Groups:

The Occupational Health and Safety Procedures in the Kitchen training targets professionals seeking specialized knowledge and skills:

- Chefs and kitchen staff in hotels, restaurants, and catering companies.
- Food safety inspectors and hygiene officers.
- Health and safety officers in the food service industry.
- Facility managers of commercial and institutional kitchens.
- Supervisors and team leaders in culinary operations.
- Kitchen design planners and compliance consultants.
- Culinary training and hospitality instructors.
- Workers in hospitals, schools, and corporate kitchens.
- Restaurant owners and kitchen operation managers.
- Safety auditors and risk assessment professionals.

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Course Objectives:

Participants will achieve the following objectives by completing the Occupational Health and Safety Procedures in the Kitchen course:

- Identify common kitchen hazards and explain their potential impact.
- Apply appropriate safety practices to prevent burns, cuts, and falls.
- Demonstrate effective use of personal protective equipment in kitchens.
- Analyze safety risks and develop proactive mitigation strategies.
- Practice safe food handling and storage procedures to avoid contamination.
- Evaluate fire safety equipment and emergency response protocols.
- Implement daily checklists to ensure safety compliance.
- Maintain kitchen hygiene according to health regulations.
- Interpret workplace safety laws applicable to culinary environments.
- Improve communication and leadership in promoting kitchen safety.
- Created and executed safety training programs for kitchen staff.
- Monitor and document incidents for continuous safety improvement.
- Integrate safety protocols into standard kitchen operations.
- Recognize the signs of physical strain and ergonomics in repetitive tasks.
- Contribute to building a culture of safety and accountability in kitchens.

Targeted Competencies:

Participants will gain the following competencies during the Occupational Health and Safety Procedures in the Kitchen program:

- Hazard recognition and risk assessment in kitchen environments.
- Safe handling and storage of equipment and ingredients.
- Application of kitchen hygiene and food safety standards.
- Fire prevention and emergency response readiness.
- Effective implementation of occupational health policies.
- Inspection and documentation of workplace safety procedures.
- Communication of safety protocols to kitchen teams.
- Compliance with national and international safety standards.

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Course Content:

Unit 1: Introduction to Kitchen Health and Safety Standards:

- Understand the importance of occupational health and safety in kitchens.
- Learn global and local safety regulations in food service environments.
- Identify key responsibilities of employers and kitchen staff.
- Explore the legal consequences of non-compliance in kitchen settings.
- Classify different types of kitchen hazards.
- Understand safety signage and its usage in commercial kitchens.
- Distinguish between occupational health and food hygiene.
- Conduct initial safety evaluations of kitchen premises.
- Learn to set up a kitchen safety management system.

Unit 2: Hazard Identification, Risk Assessment & Control Measures:

- Recognize biological, chemical, and physical hazards in kitchens.
- Perform step-by-step risk assessments for routine kitchen tasks.
- Analyze high-risk zones in kitchen layouts.
- Develop checklists for identifying unsafe practices.
- Implement control measures to reduce exposure to hazards.
- Conduct a job safety analysis for different kitchen roles.
- Address issues related to ventilation, lighting, and flooring.
- Utilize control hierarchies for hazard management.
- Monitor and evaluate the effectiveness of implemented controls.

Unit 3: Safe Use of Kitchen Equipment and Personal Protection:

- Understand the classification of kitchen equipment and related risks.
- Learn safe handling procedures for knives, mixers, ovens, and grills.
- Explore best practices for operating pressure cookers and fryers.
- Apply lockout/tagout procedures for malfunctioning devices.
- Use personal protective equipment PPE specific to kitchen environments.
- Maintain and store kitchen tools to prevent accidents.
- Perform daily equipment checks and documentation.
- Identify ergonomic tools and their impact on health.
- Ensure electrical and gas safety for fixed and portable equipment.

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Unit 4: Fire Safety, Emergency Preparedness, and First Aid:

- Understand fire risks in kitchen operations.
- Identify fire classes and suitable extinguishing agents.
- Install and maintain fire suppression systems.
- Conduct kitchen fire drills and evacuation procedures.
- Train staff on fire extinguisher usage and placement.
- Recognize signs of gas leaks and respond safely.
- Create emergency response and communication plans.
- Apply basic first aid for burns, cuts, and falls.
- Record incidents and near-misses for future risk prevention.

Unit 5: Hygiene, Waste Management, and Safety Culture:

- Implement hygiene protocols for kitchen surfaces and utensils.
- Understand cross-contamination and allergen safety.
- Monitor refrigerator and freezer temperatures.
- Use HACCP principles to support kitchen safety.
- Train teams on personal hygiene standards.
- Establish effective kitchen waste segregation and disposal.
- Develop routine cleaning and maintenance schedules.
- Promote teamwork in upholding kitchen safety culture.
- Conduct regular internal audits and reviews of safety procedures.

Final Insights & Key Takeaways:

Ensuring occupational health and safety in the kitchen is a legal responsibility and a foundational practice for any successful culinary operation. Participants will leave this Occupational Health and Safety Procedures in the Kitchen course with practical skills to effectively implement and sustain safety measures. A safety-conscious kitchen culture protects staff and customers while improving efficiency and compliance. Commitment to these standards directly contributes to long-term operational excellence.