

# Restaurant Burn Prevention

**Burns** are injuries to tissues caused by heat, friction, electricity, radiation or chemicals.

**Scald burns** are a type of burn caused by a hot liquid or stream and very common in restaurant environments. Scalds with hot oil are generally more severe than those from hot water because oil heats to a higher temperature than water and oil is thicker so it may remain on the skin for a longer period of time.

**Scalds from water** can cause third-degree burns almost instantaneously if the water is boiling or simmering. Below is a chart that demonstrates the relationship of water temperature and exposure to burns.



WATER TEMPERATURE		TIME FOR A THIRD-DEGREE BURN TO OCCUR
155°F	68°C	1 second
148°F	64°C	2 seconds
140°F	60°C	5 seconds
133°F	56°C	15 seconds
127°F	52°C	1 minute
124°F	51°C	3 minutes
120°F	48°C	5 minutes

## Job Site Hazards

- Slip or trip hazards can cause workers to stumble or fall. Slips, trips and falls are common events leading to restaurant worker burns. Many serious burns occur when employees slip and reach to steady themselves. This action often knocks hot liquids off of counters and/or stovetops on to the worker.
- Carrying full containers of hot liquids is very dangerous—to the employee carrying the container and to those working around them.
- Cooking with boiling water, hot oil or other hot liquids puts you at risk of being burned from splashes or spills. Follow all safety procedures when cooking with hot liquids.
- Working with or around pressurized cooking equipment is also dangerous. If pressurized equipment is not properly maintained or used, it can explode causing serious steam injuries.
- Steam from microwaves can reach temperatures greater than 200 degrees rapidly in covered containers. Puncture plastic wrap or use vented containers to allow steam to escape while cooking in the microwave, or wait at least one minute before removing the cover. When removing covers, lift the corner farthest from you and away from your face or hands.
- Cleaning deep fryers or around deep fryers are common tasks associated with burn injuries in restaurants. Extreme caution should be used when cleaning the deep fryer and surrounding kitchen area.

# Restaurant Burn Prevention (continued)

## Recommendations to Reduce Exposure to Burn Injuries

- Place microwaves at a safe height within easy reach for all users to avoid spills. The face of the person using the microwave should always be higher than the front of the door.
- Provide splash screens for frying foods.
- Maintain equipment to ensure that lids are tight-fitting; handles are securely attached on vessels that contain hot liquids.
- Ensure workers are trained on the hazards of hot liquids and safe work practices.
- Supervisors should encourage and, when necessary, enforce safety rules and best practices.
- Designate someone each shift to be responsible for immediately cleaning up spills.
- Ensure someone in each shift knows and can use first-aid procedures for managing burns.
- Always practice good housekeeping—keep floors clean of liquids and other debris.
- Slips, trips and falls are responsible for almost a third of all restaurant scald burns.
- Use nonslip matting, no-skid waxes and coat floors with grit, especially in areas where cooking oils and other liquids may spill.

## Recommendations to Reduce Exposure to Deep Fryer Burn Injuries

- Install a gravity feed chute on deep fryers to an external receptacle so that workers do not have to handle hot waste cooking oil.
- Install automatic food lowering devices for fryers.
- Provide and use splash guards on fryers.
- Keep a clear area around and above deep fryers to keep things from falling into a deep fryer.
- Train and enforce proper cleaning procedures for ventilation components on filters.
- Do not allow anyone to stand on the hot fryer or a nearby uneven surface, for any reason. Have workers use a ladder or stepstool to reach any equipment, and ONLY when the oil is cool and securely covered.

## First Aid for Scald Burns

- First—put out any flames and remove any restrictive jewelry or clothing.
- Apply the **ABCs**—Check that the person's **A**irway is open, the person is **B**reathing and that there are signs of **C**irculation.
- 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.

Should you have any questions or need further assistance, please visit our website, send an email or call us.



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