



You're Worth!
WSCC

Toolbox Talk — Instructor Guide for **Culinary Arts**

Scalds and Burns **Topic Overview**

Burns and scalds are a very common injury in the kitchen. While some burns may only require first aid, 3rd degree burns require hospitalization and at times cosmetic surgery. All scalds and burns are preventable.

Demonstration and **Discussion Topics**

- Discuss** scald and burn hazards in the kitchen, including hot surfaces, hot foods/liquids, open flames, and hot oil.
- Tour the kitchen** with the students, pointing out these hazards.
- Distribute** the student handout.
- Use** the student handout as your discussion guide.
- Review** the safety tips.
- Discuss** how scalds and burns can occur, and that scalds (hot water burns) are as bad as fire burns.
- Remind** students that they need to be alert (not groggy or sleepy) at all times in the kitchen.
- Explain** what can be done in the workplace to minimize the risk of scalds and burns (e.g., non-skid flooring, hot liquids at waist height).
- Emphasize** that good housekeeping is mandatory. Make sure all students are trained in how to keep their work areas clean.
- Make it real.** Tell at least two stories of injuries from your experience, or use the following examples:

SCALDS AND BURNS ■ ÉBOUILLANTAGES ET BRÛLURES

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“All scalds and burns are preventable.”

- A young worker in a restaurant was moving a pot of boiling water when another worker distracted them. They turned quickly, spilling the water. They suffered second degree burns to both legs.
- A worker reached to put a lid on a casserole that had just come out of the oven, forgetting that the lid had also just come out of the oven. 3 fingers and the palm were burned.

- Discuss** the attitude that “it won’t happen to me”. Remind them that an injury can and will happen if they take shortcuts or are careless.
- Instruct** the students to identify and report any safety concerns about burn or scald hazards.
- Encourage them to **ASK** questions.
- Answer** any questions or concerns they might have.
- Set a good example** by working safely at all times.

Resources

- Preventing burns and scalds**
www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc_tip3.pdf
- That’s Gotta Hurt poster/**
www.worksafebc.com/publications/health_and_safety/posters/assets/pdf/poster_0201.pdf

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