



# Burns

**THIS MONTH'S TALK FOCUSES ON THE RISK OF BURNS WITHIN THE KITCHEN, WAYS OF WORKING TO REDUCE THE POTENTIAL FOR BURNS, AND HOW TO RESPOND SHOULD A BURN OCCUR.**

Burns happen quickly and can be devastating. The time involved in recovering from a burn can be extensive and it's important we do everything we can to reduce the potential for burns in our kitchen. First and foremost, this means keeping your mind on task and not rushing!

Always use protective gear, like gloves or a towel when handling hot pots, pans, or trays. Ensure pot handles are turned inward to avoid accidental bumps and spills.

We should all be conscious of the condition of our equipment, ensure it's in good working order and report any faults. It goes without saying that flammable materials, such as towels and paper, must be kept away from sources of flame.

Deep fryers can be a source of burns, make sure fryers are not overfilled and be conscious of potential splash back when dropping frozen or high moisture content items.

In the event of a burn, immediate action can reduce the severity. Follow these steps:

1. Apply BurnAid Gel, or cool the burn under running cool (not cold) water for at least 10 minutes to alleviate pain and swelling.
2. Remove any jewellery or clothing around the burned area carefully, unless they're stuck to the burn.
3. Cover the burn with a sterile, non-fluffy dressing or cloth to protect against infection. Avoid applying creams, ointments, or ice as these can cause further damage.

Remember, prevention is key. Always stay alert and communicate with your team when moving about the kitchen with hot items.

This month's food safety topic is blast chilling. Hot food shall be cooled to below 5C within 2 hrs and used within 3 days, we can extend shelf life to 5 days by chilling to below 3C within 90 minutes. If you are not clear on the process, make sure to refer to our blast chilling policy.



**DIRECTOR OF KITCHENS**

**This months checklist requires we ensure that:**

**Deep fryers are not overfilled**

**Extractor UV lamps are working and properly concealed behind filters**

**Heat resistant gloves, towels are available for handling hot items**

**Grills, fryers and hot plate surfaces are in good condition**

**Staff know the correct procedure to manage a burn**

*Blast chilling log completed as appropriate. No items left in blast chiller overnight.*

To complete the  
checklist on  
Donesafe scan  
the QR code

