

DO YOU HAVE A HOLIDAY JOB IN THE HOSPITALITY INDUSTRY?

How can you stay safe?

1 Safety first!

- ✔ Do not **stack** tables and chairs in places where they will hinder **passageways**.
- ✔ Clean up **spilled liquids** immediately to avoid slippery surfaces.
- ✔ Wear the **appropriate clothing** in the **kitchen** to protect you from hot liquid splashes.
- ✔ Put on **gloves** when you are cleaning up **broken glass**.

2

Ergonomics is the best policy

- ✔ **Heavy job** ahead? Use **tools** (such as a hand truck) or ask for **help**.
- ✔ Hold serving **trays** as close as possible **to your body** and **support** them with your forearm and flat hand.

3

Danger, high voltage!

- ✔ Only work with **equipment** that is in good condition. Report **defects** immediately.
- ✔ **Never** touch sockets, switches or electrical appliances with **wet hands**.
- ✔ Roll out **extension cables** completely to prevent **overheating**.
- ✔ Always switch electrical appliances **off after use** and **unplug** them.
- ✔ Never open **fuse boxes**.

4

Look after your health above all else

- ✔ **What do you do in the event of an accident?** Have **somebody** to **look at it**, and inform your **supervisor**.
- ✔ If you come into contact with **food**, **thorough hand hygiene** is crucial.
- ✔ Use **hearing protection** if you have to work in a **loud environment**.

5

Don't play with fire

- ✔ Be careful with everything associated with **fire and flames**.
- ✔ Make sure you know where the **fire extinguishers** are located.
- ✔ Inform yourself about the **evacuation route** and **assembly point** in the event of a fire.

6

A healthy mind leads to a healthy body

- ✔ Tell your supervisor if you are feeling **stressed**.
- ✔ Take regular **breaks**.



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Do you have any questions?
Ask your supervisor.

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