



IRONWOOD

BUSINESS CONSULTING

Restaurant BOH Hazard Assessment and Checklist

1. Heat Stress Risk Assessment

- Evaluate factors contributing to heat stress:
 - Ambient temperature and humidity
 - Heat generated by cooking equipment
 - Limited airflow and ventilation
 - Workload and pace
 - Personal risk factors (age, health, fitness, acclimatization)

- Identify high-risk tasks and work areas
 - Prolonged exposure to hot surfaces and equipment
 - Tasks requiring heavy lifting or physical exertion
 - Positions near ovens, grills, fryers, and dishwashing machines

2. Heat Stress Prevention Measures

- Implement engineering controls:
 - Improve ventilation and air circulation
 - Insulate hot surfaces and equipment
 - Use heat shields and barriers where possible

- Establish administrative controls:
 - Schedule regular breaks in cooler areas
 - Rotate staff through high-heat tasks to reduce exposure
 - Monitor workload and pace to prevent overexertion
 - Train staff on heat stress symptoms, risks, and prevention

- Encourage proper hydration:
 - Provide easy access to cool, potable water
 - Remind staff to drink water regularly, even when not thirsty
 - Avoid serving or promoting excessive consumption of caffeinated or sugary beverages

- Adjust work schedules and practices based on environmental conditions:
 - Monitor temperature and humidity in the kitchen
 - Reduce workload or modify tasks during periods of extreme heat

3. Personal Protective Equipment (PPE)

- Provide appropriate PPE for kitchen staff:
 - Lightweight, breathable clothing
 - Heat-resistant gloves or oven mitts
 - Safety goggles or face shields (for fryer use)

- Train staff on proper PPE usage and maintenance

4. Heat Stress Monitoring and Response

- Train staff to recognize heat stress symptoms:
 - Fatigue, weakness, or dizziness
 - Headache, nausea, or vomiting
 - Rapid heartbeat, heavy sweating, or clammy skin
 - Fainting, confusion, or disorientation

- Establish procedures for responding to heat stress incidents:
 - Move affected individuals to cooler areas
 - Encourage rest and rehydration
 - Seek medical assistance if symptoms persist or get worse

5. Ongoing Monitoring and Improvement

- Conduct regular safety audits to assess heat stress risks and controls
- Review and update heat stress prevention policies and procedures as needed

- Encourage staff to report heat stress concerns or incidents
- Investigate incidents to identify root causes and implement corrective actions
- Foster a culture of safety, emphasizing the importance of heat stress awareness and prevention