



IRONWOOD

BUSINESS CONSULTING

Training Program Outline

Training Method: A combination of presentations, demonstrations, interactive activities, and group discussions

Who Should Complete: Restaurant cooks, chefs, kitchen staff, restaurant owners, and managers.

Course Outline:

Introduction to Heat Safety

- The importance of heat safety in a restaurant kitchen
- Common heat-related illnesses and their symptoms
- Factors contributing to heat stress in the kitchen
- Activity: Personalized risk assessment
- Activity: Conduct a heat hazard assessment in a simulated kitchen environment

Identifying and Assessing Heat Hazards

- Identifying heat sources and high-risk areas in the kitchen
- Assessing personal risk factors (e.g., clothing, medical conditions, medications)
- Mental health, addiction, sleep, scheduling
- Activity: Personalized risk assessment

Best Practices for Heat Safety

- Proper hydration
- Appropriate clothing and personal protective equipment (PPE)
- Proper ventilation and air circulation in the kitchen
- Safe work practices, such as taking breaks and rotating tasks
- Recognizing and responding to early symptoms of heat-related illnesses
- Demonstration: Quick cooling techniques

Developing a Heat Safety Plan

- Components of an effective heat safety plan
- Assigning roles and responsibilities for heat safety ambassador
- Buddy system and the importance of smart scheduling
- Review protocol in case of emergency

Heat Safety Training and Communication

- The importance of ongoing heat safety training and communication in the workplace

- Strategies for reinforcing heat safety messages and practices
- Resources for further learning and skill development

Wrap-Up and Evaluation

- Review of key concepts and best practices
- Group discussion: Sharing personal experiences and insights related to heat safety in the kitchen
- Completion of a post-training evaluation survey

Training Materials:

- Handouts and infographics on heat safety best practices
- Consider recording training or having an audio training available
- Case studies and scenarios for group activities
- Heat safety plan template
- Post-training evaluation survey

Follow-Up:

- Provide participants with a certificate of completion
- Share additional resources and materials via email or a dedicated online platform
- Encourage participants to share their heat safety knowledge with colleagues
- Schedule periodic refresher courses or workshops to reinforce heat safety concepts and practices
- Monitor and evaluate the implementation of heat safety plans in participating restaurants

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