TOOLBOX TALK AWARENESS PACKAGES

HAZ-KSB · Kitchen Burns, Cuts and Slips Awareness

Product Overview

Audience: Cooks, kitchen hands, baristas, wait staff and young workers in cafes, restaurants, pubs, clubs, takeaways and catering kitchens · Duration: 20–30 minutes

Version 1.0 · 17 November 2026

For cooks, kitchen hands and front-of-house staff: hot oil and fryers, hot surfaces and steam, knives and slicers, wet and greasy floors, and first aid for burns.

Commercial kitchens are hot, crowded and fast, and the same three injuries happen in them again and again: burns and scalds from fryers, hot surfaces, steam and hot drinks; cuts from knives, slicers and broken glass; and slips on wet or greasy floors. Young and new workers are often hurt in their first weeks. WHS or OHS laws require the business to manage these risks like any other, starting with the equipment and the layout, not just telling people to be careful.

This talk covers how burns, cuts and slips happen in a kitchen, safe fryer and hot oil habits, hot surfaces and steam, knives and slicers with their guards, floors, footwear and clean-as-you-go, and first aid for burns: cool running water for 20 minutes. It is awareness, not training on any machine.

Learning outcomes

By the end of the session participants will be able to:

- Explain how burns, scalds, cuts and slips happen in a commercial kitchen, and why busy services and new workers raise the risk
- Use fryers and hot oil safely: filling, filtering and draining, wet food, and what to do if oil catches fire
- Handle hot surfaces, steam, pots and hot drinks safely, and call out when moving through the kitchen
- Use knives and slicers safely, with guards and pushers in place, and switch off and unplug machines before cleaning
- Keep floors safe with slip-resistant shoes, mats and clean-as-you-go
- Give first aid for burns (cool running water for 20 minutes) and cuts, and report every injury and near miss

What it covers

Module	Covers
How kitchen injuries happen	Burns and scalds; Cuts from knives, slicers and glass; Slips on wet and greasy floors
Controls that work	Fryers, hot oil and steam; Guards, pushers and sharp knives; Floors, footwear and clean-as-you-go
Your part	First aid for burns and cuts; Calling out and speaking up; Reporting injuries and near misses

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Activities

- Spot the hazard: workers find the burn, cut and slip hazards in a busy kitchen scene, and the control for each
- What would you do: workers decide what to do in four kitchen situations, including a burn that needs first aid

What is in the package

Item	File
Editable PowerPoint presentation with speaker notes, plus PDF	02_TRAINING_PRESENTATION/Training Presentation.pptx and .pdf
Facilitator guide with a running sheet, discussion prompts and model answers	03_FACILITATOR_GUIDE/Facilitator Guide.docx and .pdf
Participant handout with the key points to take away	04_PARTICIPANT_HANDOUT/Participant Handout.docx and .pdf
Attendance record form, to capture who attended, when, and who facilitated	06_RECORDS/Attendance Record.docx and .pdf
Excel attendance register	06_RECORDS/Attendance Register.xlsx
Multiple-choice theory assessment, to record understanding if your business wants to	05_ASSESSMENT/Theory Assessment.docx and .pdf
Answer key for the assessment	05_ASSESSMENT/Assessment Answer Key.docx and .pdf
Certificate template	06_RECORDS/Certificate Template.docx
Start here: Read Me First, Product Overview, Permitted Use Terms, Version Information	01_START_HERE/ (four PDFs)

What you need to deliver it

- A facilitator such as a supervisor, leading hand or WHS adviser who has read the facilitator guide and knows your site's arrangements for the topic
- A screen or projector, or printed slides or handouts: it works in a crib room, site office or on a video call
- Your own site procedures for the topic, to point to during the session

Questions

Is this training on fryers, slicers or other kitchen equipment? No. It is awareness for everyone who works in or passes through a kitchen. Each worker still needs to be shown and trained on each machine at their workplace, and supervised until they can use it safely, before using it alone.

Can we add our own site procedures and photos? Yes. The slides, handout and guide are editable, and the facilitator guide marks the places to add your own procedures, contacts and photos of your workplace.

Do we have to use the assessment? No. It is there if your business wants a record that each worker understood the key points. The attendance record on its own shows who attended and when.

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TOOLBOX TALK

Kitchen Burns, Cuts and Slips Awareness

Hot oil, steam, knives and wet floors: the controls, the habits and first aid for burns

20–30 minutes · Cooks, kitchen hands, baristas, wait staff and young workers in cafes, restaurants, pubs, clubs, takeaways and catering kitchens

[Company name] · [Date] · [Facilitator name]

KSB

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What this talk is, and is not

This talk covers

- ✓ How burns, cuts and slips happen
- ✓ Fryers, hot oil, steam and hot surfaces
- ✓ Knives, slicers and guards
- ✓ Floors, footwear and first aid for burns

This talk is not

- ✕ Training on any machine
- ✕ A first aid course
- ✕ Food safety or hygiene rules
- ✕ Our rules: **[Our kitchen safety procedure]**

Awareness only. Use a machine alone only after you have been shown, trained and signed off on it.

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How kitchen injuries happen

The same three injuries, again and again, mostly on busy services.

- Burns and scalds: hot oil, grills, oven doors, steam, boiling pots, coffee wands
- Cuts: knives, slicers, mandolines, broken glass in a sink, opening packaging
- Slips: water, oil and food on the floor, a freshly mopped floor, a leaking cool room
- Rushing, reaching across, carrying too much, and nobody calling out
- New and young workers, in their first weeks, are hurt most often

A composite example

- A new kitchen hand drains the fryer at close, alone, while the oil is still hot.
- The container tips on the wet floor and oil splashes up their leg. Nobody showed them the pump.

Most kitchen injuries happen in the rush, to the newest person.

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Duties under WHS or OHS laws

The business must

- Provide safe equipment, guards and a safe layout
- Train and supervise workers on each machine and task
- Provide PPE, first aid and a way to report
- Consult workers about the kitchen and its hazards

You must

- Use the guards, pumps and PPE provided
- Use only machines you have been trained on
- Clean up spills and call out as you move
- Report injuries, near misses and faults

Victoria's OHS laws set similar duties in their own terms. Food safety rules apply too.

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The order of controls in the kitchen

1. **Elimination** — No hot oil change while hot; pre-cut or pre-portioned stock where it suits
2. **Substitution** — Pumps and drain systems for oil; safer knives and cut-resistant tools
3. **Isolation** — Guards and pushers; the pass and walkways laid out to keep people apart
4. **Engineering** — Thermostats, flame failure devices, slip-resistant floors, drains, canopies
5. **Administrative** — Training, clean-as-you-go, calling out, checks before service
6. **PPE** — Slip-resistant shoes, long sleeves, aprons, dry cloths, cut-resistant gloves

HIGHER ORDER

Higher order controls remove or control the hazard at the source, or put a barrier between people and the hazard.

LOWER ORDER

Lower order controls rely on people to do a thing or wear a thing, every time, tired, distracted or rushed.

Behaviours are not on the hierarchy, but behaviours and culture decide whether every control on it actually works.

A guard on the slicer is a control. 'Watch your fingers' is not.

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TOOLBOX TALK · HAZ-KSB

Kitchen Burns, Cuts and Slips Awareness

Participant handout · keep this

Burns, cuts and slips are the everyday injuries of a commercial kitchen. Most can be prevented by the equipment and the layout first, then safe habits. Keep this page.

The order of controls

1. No hot oil changes while hot
2. Pumps and drain systems; safer tools
3. Guards, pushers and clear walkways
4. Thermostats, slip-resistant floors, drains, canopies
5. Training, clean-as-you-go, calling out
6. Slip-resistant shoes, long sleeves, dry cloths

Burn or scald

- Cool running water for 20 minutes, as soon as possible
- Rings and watches off; no ice, butter or creams
- Cover loosely; call 000 for serious burns

Our first aid

- First aiders: **[Our first aiders]**
- Kit: **[Where the first aid kit is]**

Before service

- ☐ Fryers: oil at the fill line, thermostat working, fire blanket at hand
- ☐ Machines: guards and pushers on; off and unplugged to clean
- ☐ Knives: sharp, stored, none in the sink
- ☐ Floor: dry, mats flat, wet floor sign out while mopping
- ☐ Me: enclosed, slip-resistant shoes; long sleeves at the fryer

Stop and ask when

- You have not been shown a machine
- A fryer, guard or thermostat is faulty
- Ask: **[Who to ask in the kitchen]**

Report it

- **[Who to report to here]**
- Burns, cuts, slips, near misses, faults

Guard on, oil safe, floor dry, burns under cool running water.

This is awareness training. It is not a licence, a ticket, a permit or a competency. It does not train you to use any kitchen machine, and it is not a first aid course.

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