

M9-D11. PHYSICAL RISK FACTORS

Hazard		Who (type of worker)	Harm	Required Safety Measures
Source	Hazard description			
Microclimate conditions	Inappropriate environment: <ul style="list-style-type: none"> - Temperature level; - Draught; - Insufficient ventilation; - Humidity; - Equipment emitting heat; - Unsuiting work outfit. 	Kitchen employees	-Fatigue; <ul style="list-style-type: none"> - Lack of oxygen cause drowsiness which results in weakened attention, occurrence of mistakes and possibility of accidents; - Heart problems; - The body loses liquids and the person may faint. 	<ul style="list-style-type: none"> - To ensure a normal regime of temperature in work premises; - To mount ventilation above the equipment emitting heat and to take care of natural air supply; - To take care of suitable work outfit; - To ensure prevention from direct sunrays; - To equip with cold water automatic-machines; - To provide conditions for employees to have a rest during breaks - To inform new and especially young employees about health problems caused by heat and preventive measures, first aid measures.
Dirty lighting lamps; Blinding; Shadows; Flashing; Absence of emergency lighting.	Insufficient lighting	All employees	Different types of traumas: stumbling, falling down, hurting etc.	<ul style="list-style-type: none"> - Light fixtures complying with relevant requirements; - Timely replacement of blown or reduced in brightness light bulbs and tubes; - Regular cleaning of light fixtures; - Regular maintenance of emergency lighting.
Hot surfaces (baking trays, pots, boards,	Contact with hot materials	Kitchen employees, barmen, waiters.	Burns of different degrees	<ul style="list-style-type: none"> - Compliance with work safety rules; - Use of handles, holders and heat resistant

<p>etc.) hot liquids (hot fat, boiling water, hot meals), hot steam</p>				<p>materials;</p> <ul style="list-style-type: none"> - Use pots and pans of adequate size; - Boil with the lid covered to avoid over boiling; - Use safety gloves and potholders; - Use heat resistant aprons and footwear; - Use PPE; - Regularly instruct employees on safety at work and first aid in the event of accident; - Place dishes with hot food in the middle of the tray; - Avoid top filling coffee and tea cups or soup plates; - Warn the clients, especially children if dishes are hot; - Always use a dry wiper because damp wiper conducts heat quicker.
<p>Loud music; loudly operating machines dishwashers, stirring machines, meat mincing machines, etc).</p>	<p>Noise</p>	<p>Waiters, barmen, kitchen workers</p>	<ul style="list-style-type: none"> -Fatigue, - Loss of hearing; -Changed breathing rhythm and pulse; - Rise in blood pressure; - Weakened attention; - Slowdown of reaction. 	<ul style="list-style-type: none"> - Use noise insulating materials; - Properly install loudspeakers and adjust their direction; - Install automatic music sound limiter; - If possible move noisy equipment to separate premises; - Change old parts of equipment into new ones in order to avoid unnecessary noise; - While purchasing new equipment, pay attention to their blatancy; - Form zones of silence, where employees could rest from the noise.