

Working **Y**outh

age 14 - 18

Many young people, like you, work in foodstalls, fastfood places, cafes, big restaurants, or teashops.

You may be setting tables, serving customers, chopping food, cooking, washing dishes or cleaning up. This can be good and decent work, but there are always things that can hurt you or make you sick. Your employer is responsible for providing a safe workplace, but it is wise for you to know the dangers and what to do about them.

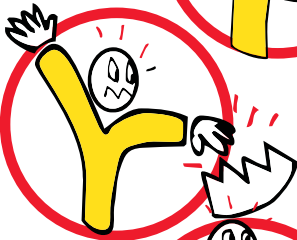
The top 4 dangers for youth



- Stress and pressure to work for a long time at a fast pace



- Danger of sexual advances from customers or on the street after working too late



- Getting cut with a knife or broken glass



- Getting burned by steam, boiling liquid, or hot grease

RESTAURANT

What YOU should do to stay safe on the job

Know the law

The rule is: No one under 18 should do hazardous work!
(Insert country name) has a law to protect young workers.
The law says:

(insert key points from the law that address: age, hours, tasks that are off limits)

-
-
-
-
-

Get trained

Your boss or supervisor must train you to do every task that's part of your job, such as how to handle any chemicals you need to use, how to lift heavy things, or how to use cutting tools or equipment safely, and show you what might be harmful. Your boss should also teach you what to do if there is a robbery, crime, or abuse from a customer. Do not be shy if you are not sure how to do something—ask!

Be careful; be proud

You have a job. You are helping your family. You deserve respect from clients and co-workers. If something seems unsafe, ask about it. If someone bothers or threatens you, ask for help. Keep your eyes open for dangers.

Remember, it is your employer's responsibility to provide a safe workplace. It is **your** responsibility to follow instructions and safety rules carefully.

What YOUR EMPLOYER should do so you are safe

- Check the kitchen and eating area regularly for hazards and make sure they are repaired
- Have a rule against violence and harassment of any kind on the premises where you work
- Give you any protective gear you need (to keep you from getting burned or touching strong cleaning products)
- Have a first aid kit and an emergency plan in case you are hurt

TRUE STORIES

"It was my second week on the job. I slipped on the wet floor and fell right on my tailbone. I couldn't walk for two weeks, and couldn't play soccer the rest of the season."

"I was chopping up vegetables. Nobody showed me how to do it quickly without getting hurt, and the boss kept shouting at me. I cut my finger badly and couldn't work for three days."

"The customers are always yelling at me. One time a customer pushed me so hard I fell down. It makes me scared, and I go home with headaches every day."

Some other dangers and what to do about them

BURNS

- Set pots so the handles do not get hot and so they will not get caught as people pass by
- Do not fill pots too full. Get help when moving heavy, hot pots
- Wear long sleeves. Use potholders, gloves or mitts
- Dry off wet or frozen food before lowering into hot oil
- Do not stand too close to hot oil, or lean over it. Do not pour, strain or carry hot oil. Wait until it is cool

CUTS

- Keep knives sharp. With a dull knife you have to push harder and it can easily slip and cut
- Never leave knives soaking in the washwater (you will forget they are there)
- If you drop a knife, let it fall. Do not try to catch it (you might catch the blade)
- If you are cutting a lot, wear cut-resistant gloves that fit well, provided by the boss
- Use heavy-duty plastic or metal to scoop out food or ice (a glass one might break)
- Clean up broken glass with a dustpan and broom, then put the pieces in a separate bag

FALLS

- Clean up spills immediately. Clean floors regularly so grease does not build up
- Never run or move too fast. Do not carry items too high for you to see over
- Wear rubber sandals or shoes with non-skid soles
- Use a ladder or solid stool to reach objects stored up high. Never stand on a cart

STRAIN & EXHAUSTION

- Get help when lifting heavy items. Remember "SLIM" (Safe Lifting Methods)

Squat to pick up the object and lift using your leg muscles not your back

Lean close, keeping the heavy item against your body

Move your feet to turn, do not twist your body

- Take a quick break whenever you can
- Wear shoes or sandals with padding inside or stand on a mat or cardboard
- Change position, move around, or shift weight from one foot to the other

CHEMICALS

- Ask for information about the chemicals and cleaning products you use
- Read labels and follow instructions before using
- Wear goggles and gloves when needed. Your employer should provide these

DISEASE

- Be careful to wash your hands with soap frequently, and especially before you eat or drink anything

ELECTRIC SHOCKS

- Do not touch or plug in electrical equipment with wet hands
- Report any electrical equipment that has a frayed cord or is broken. Do not use it until it is fixed

ATTACKS & INSULTS

- Avoid handling money, especially in front of customers
- Check that the back doors are locked at night (but you should still be able to get out easily)
- Do not resist or try to be a hero during a robbery
- If you are being yelled at or harassed by customers

If you need help or more information, contact:

... insert name and contact information for partner agency...