



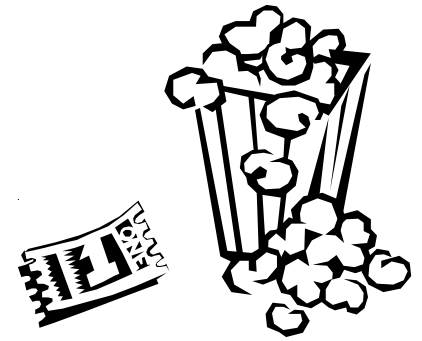
# Hazards in the Fast Food Restaurant

HAZARD	EFFECT	POSSIBLE SOLUTIONS
<b>Safety Hazards</b>		
Cooking equipment	Burns or electric shocks	<ul style="list-style-type: none"> <li>• Keep appliances in safe condition</li> <li>• Have guards around hot surfaces</li> <li>• Wear gloves or mitts</li> </ul>
Hot grease	Burns	<ul style="list-style-type: none"> <li>• Use grease pans that dump automatically</li> <li>• Have splash guards</li> <li>• Wear protective clothing</li> </ul>
Slicers and powered cutting equipment	Cuts	<ul style="list-style-type: none"> <li>• Must be 18 or older to use</li> <li>• Keep guards in place</li> <li>• Get proper training</li> <li>• Turn off when cleaning</li> </ul>
Slippery floors	Slips or falls	<ul style="list-style-type: none"> <li>• Clean up spills quickly</li> <li>• Use floor mats</li> </ul>
<b>Chemical Hazards</b>		
Dishwashing products	Skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> <li>• Use safer products</li> <li>• Wear gloves</li> </ul>
Cleaning products	Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> <li>• Use safer products</li> <li>• Wear gloves when necessary</li> <li>• Have good ventilation</li> </ul>
<b>Other Health Hazards</b>		
Contact with public	Stress; criminal violence; robbery	<ul style="list-style-type: none"> <li>• Have adequate security</li> <li>• Schedule at least two people per shift</li> <li>• Use barriers where money is handled</li> <li>• Get customer service training</li> </ul>
Standing for long periods	Back injuries; varicose veins	<ul style="list-style-type: none"> <li>• Use floor mats</li> <li>• Take regular breaks</li> <li>• Rotate jobs</li> </ul>
Bending, reaching, stretching, and lifting	Muscle strains or sprains	<ul style="list-style-type: none"> <li>• Keep heavy items on lower shelves</li> <li>• Rotate jobs</li> <li>• Use helpers</li> </ul>



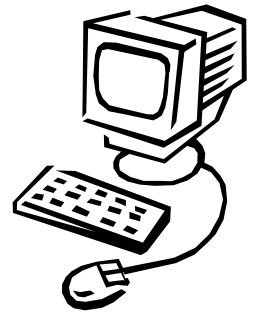
## Hazards in the Grocery Store

HAZARD	EFFECT	POSSIBLE SOLUTIONS
<b>Safety Hazards</b>		
Box cutters	Cuts	<ul style="list-style-type: none"> <li>• Cut properly</li> <li>• Store properly</li> </ul>
Box crushers	Various body injuries	<ul style="list-style-type: none"> <li>• Must be over 18 to use</li> <li>• Get proper training</li> </ul>
Sharp knives	Cuts	<ul style="list-style-type: none"> <li>• Keep in good condition</li> <li>• Cut properly</li> <li>• Store Properly</li> </ul>
Deli slicers	Cuts	<ul style="list-style-type: none"> <li>• Must be 18 or older to use</li> <li>• Keep guards in place</li> <li>• Get proper training</li> <li>• Turn off when cleaning</li> </ul>
<b>Chemical Hazards</b>		
Cleaning products	Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> <li>• Use safer products</li> <li>• Wear gloves when necessary</li> <li>• Have good ventilation</li> </ul>
<b>Other Health Hazards</b>		
Checkout scanners	Muscle, tendon, or nerve injuries	<ul style="list-style-type: none"> <li>• Redesign checkstands</li> <li>• Take regular breaks</li> <li>• Rotate jobs</li> </ul>
Bending, reaching, stretching, and lifting	Muscle strains or sprains	<ul style="list-style-type: none"> <li>• Use machinery instead</li> <li>• Keep heavy items on lower shelves</li> <li>• Get proper training</li> <li>• Rotate jobs</li> <li>• Use helpers</li> </ul>
Cold temperatures (in cold storage areas, freezers)	Frostbite	<ul style="list-style-type: none"> <li>• Limit time working in cold areas</li> </ul>



## Hazards in the Movie Theater

HAZARD	EFFECT	POSSIBLE SOLUTIONS
<b>Safety Hazards</b>		
Popcorn, hot dog, and coffee machines	Burns or electric shocks	<ul style="list-style-type: none"> <li>• Keep appliances in safe condition</li> <li>• Wear gloves or mitts</li> </ul>
Slippery floors	Slips or falls	<ul style="list-style-type: none"> <li>• Clean up spills quickly</li> <li>• Use floor mats</li> </ul>
Ladders	Falls	<ul style="list-style-type: none"> <li>• Must be 16 or older to use</li> <li>• Use safe ladders</li> <li>• Get proper training</li> </ul>
<b>Chemical Hazards</b>		
Cleaning products	Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> <li>• Use safer products</li> <li>• Wear gloves when necessary</li> <li>• Have good ventilation</li> </ul>
<b>Other Health Hazards</b>		
Contact with public	Stress; criminal violence; robbery	<ul style="list-style-type: none"> <li>• Have adequate security</li> <li>• Schedule at least two people per shift</li> <li>• Use barriers where money is handled</li> <li>• Get customer service training</li> <li>• Rotate jobs</li> </ul>
Dark environments	Eyestrain; slips or falls	<ul style="list-style-type: none"> <li>• Use flashlights</li> </ul>
Standing for long periods	Back injuries; varicose veins	<ul style="list-style-type: none"> <li>• Use floor mats</li> <li>• Take regular breaks</li> <li>• Rotate jobs</li> </ul>



## Hazards in the Office

HAZARD	EFFECT	POSSIBLE SOLUTIONS
<b>Safety Hazards</b>		
Cords and loose carpeting areas	Tripping	<ul style="list-style-type: none"> <li>• Don't run cords through public areas</li> <li>• Keep carpets secured</li> </ul>
Unsecured furniture	Can fall in earthquake	<ul style="list-style-type: none"> <li>• Secure bookcases, file cabinets etc.</li> </ul>
Overloaded electric circuits	Fire	<ul style="list-style-type: none"> <li>• Have enough outlets</li> </ul>
<b>Chemical Hazards</b>		
Ozone from copiers	Breathing difficulty; headaches; dizziness	<ul style="list-style-type: none"> <li>• Place copiers in separate area</li> <li>• Have good ventilation</li> </ul>
Poor indoor air quality	Breathing difficulty; headaches; dizziness	<ul style="list-style-type: none"> <li>• Have good ventilation</li> </ul>
<b>Other Health Hazards</b>		
Computer keyboards and mice	Tendon and nerve problems	<ul style="list-style-type: none"> <li>• Use adjustable chairs and workstations</li> <li>• Have good posture</li> <li>• Take regular breaks</li> </ul>
Computer monitors	Eyestrain	<ul style="list-style-type: none"> <li>• Position monitor correctly</li> <li>• Adjust monitor properly</li> <li>• Take regular breaks</li> </ul>
Sitting for long periods of time	Back pain	<ul style="list-style-type: none"> <li>• Use proper chairs</li> <li>• Have good posture</li> <li>• Take regular breaks</li> </ul>
Repetitive, boring work	Stress	<ul style="list-style-type: none"> <li>• Rotate jobs</li> </ul>

## Resources for More Information

### National and Federal Resources

#### EEOC (U.S. Equal Employment Opportunity Commission)

The EEOC enforces the federal laws against job discrimination and harassment, including discrimination on the basis of race, color, religion, sex, national origin, pregnancy, disability, or age (over 40 years old).

U.S. Equal Employment Opportunity Commission  
1801 L Street, NW  
Washington, DC 20507



(202) 663-4900

(800) 669-4494

[www.youth.eeoc.gov](http://www.youth.eeoc.gov)

#### EPA (U.S. Environmental Protection Agency)

The EPA enforces environmental regulations that protect both human health and the environment. The EPA also conducts research to identify, understand, and solve current and future environmental problems.

Environmental Protection Agency  
Ariel Rios Building  
1200 Pennsylvania Avenue, NW  
Washington, DC 20460



(202) 272-0167

[www.youth.eeoc.gov](http://www.youth.eeoc.gov)

#### NIOSH (National Institute for Occupational Safety and Health)

Federal agency responsible for conducting research and making recommendations for the prevention of work-related illnesses and injuries. Has free publications on chemicals, ergonomics, child labor, and other hazards. The Health Hazard Evaluation (HHE) program does research on hazards at specific workplaces. Workers, unions, and employers can request HHEs.

NIOSH/Centers for Disease Control and Prevention  
1600 Clifton Road NE  
Atlanta, GA 30333

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NIOSH Publications  
4676 Columbia Parkway  
Cincinnati, OH 45226



(800) 356-4674

[www.cdc.gov/niosh](http://www.cdc.gov/niosh) (General)

[www.cdc.gov/niosh/topics/youth](http://www.cdc.gov/niosh/topics/youth) (Young Worker Page)

## OSHA (Occupational Safety and Health Administration)

Develops and enforces federal regulations and standards. Has many free publications and video library.

OSHA  
U.S. Dept. of Labor  
200 Constitution Ave. NW  
Washington, DC 20210



(800) 321-OSHA (Hotline)

[www.osha.gov](http://www.osha.gov) (General)

[www.osha.gov/SLTC/teenworkers/](http://www.osha.gov/SLTC/teenworkers/) (Young Worker Page)

## U.S. Department of Labor

The Wage and Hour Division (Employment Standards Administration) enforces the federal Fair Labor Standards Act (FLSA) for employment in the private sector, and in state and local government. Establishes and enforces national standards for minimum wage, overtime pay, child labor, and recordkeeping. Assesses penalties if violations are found.

Wage and Hour Division  
200 Constitution Ave. NW, Room S3510  
Washington, DC 20210



(202) 219-8305

[www.dol.gov/esa](http://www.dol.gov/esa) (General)

[www.youthrules.dol.gov](http://www.youthrules.dol.gov) (Young Worker Page)

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### Young Worker Safety Resource Center (YWSRC)

A collaborative nationwide project of U.C. Berkeley's Labor Occupational Health Program (LOHP) and the Education Development Center, Inc. (EDC) in Massachusetts, the YWSRC provides training, technical assistance, and resource materials on young worker health and safety to state and community groups around the country.

Diane Bush or Robin Dewey  
Labor Occupational Health Program (LOHP)  
Young Workers Project  
University of California, Berkeley  
2223 Fulton St., 4th Floor  
Berkeley, CA 94720-5120



(510) 642-5507 (Office)

(888) 933-TEEN (Info Line)

[www.youngworkers.org](http://www.youngworkers.org)

Chris Miara  
Education Development Center, Inc. (EDC)  
55 Chapel St.  
Newton, MA 02458



(617) 618-2238

[main.edc.org](http://main.edc.org)

### Puerto Rican Resources

**Labor Standards Bureau (Negociado de Normas del Trabajo)**

**Department of Labor & Human Resources (Departamento del Trabajo y Recursos Humanos)**

Administers and enforces state labor laws. Investigates complaints and suspected violations related to issues such as child labor, minimum wage, and overtime.

Edificio Prudencio Rivera Martinez  
505 Munoz Rivera Avenue  
G.P.O. Box 3088  
Hato Rey, PR 00918



(787) 754-2129

[www.dtrh.gobierno.pr](http://www.dtrh.gobierno.pr)

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**Office of Occupational Safety and Health (Puerto Rico OSHA) (Oficina de Seguridad y Salud en el Trabajo)**  
**Department of Labor & Human Resources (Departamento del Trabajo y Recursos Humanos)**

The agency that enforces Puerto Rico's workplace safety and health regulations and standards. Also takes worker complaints and inspects workplaces. Its Consultation Service assists employers.

Edificio Prudencio Rivera Martinez  
505 Munoz Rivera Avenue  
G.P.O. Box 3088  
Hato Rey, PR 00918



(787) 754-2172

[www.dtrh.gobierno.pr](http://www.dtrh.gobierno.pr)

**State Insurance Fund Corporation (Corporacion del Fondo del Seguro del Estado)**

Provides information on benefits available when you have a job-related illness or injury.

P.O. Box 365028  
Río Piedras, PR 00936



(787) 793-5959

[www.cfse.gov.pr](http://www.cfse.gov.pr)

**Civil Rights Commission (Comision de derechos civiles)**

The Civil Rights Commission investigates and resolves discrimination complaints. Civil rights laws prohibit discrimination because of race, color, religion, sex, national origin, ancestry, age, marital status, or physical or mental disability.

P.O. Box 192338  
San Juan, PR 00919-2338



(800) 981-4144 (From San Juan: (787) 764-8686)

[www.derechoscivilespr.org](http://www.derechoscivilespr.org)

For additional resource agencies and teaching materials, visit [www.youngworkers.org](http://www.youngworkers.org) and click on "Resources and Links."