

Health and safety risk assessment checklist

Restaurants, pizzerias and other culinary enterprises

When answering these questions, you should consider whether there are any factors in your working environment that impact absenteeism due to sickness in your workplace. If you identify any health and safety problems that can contribute to absenteeism due to sickness (e.g. occupational accidents), you should include them in your considerations when prioritising and drawing up an action plan.

Falling and stumbling

Is there a risk of employees falling or stumbling over clutter, goods, etc. on the floor of the shop, in the kitchen or in the warehouse, or due to slippery floors?

Yes

No

Acute and excessive physical load

Is there a risk of employees acutely overloading their bodies when lifting, pulling or pushing sacks, crates with food products, mixing bowls, large pots, tables or other heavy objects?

Yes

No

Accidents involving handheld tools and machinery

Is there a risk of employees cutting themselves or getting their fingers caught in something when working with handheld tools such as butcher knives and electric saws, or when working with machines such as mixers, slicers and fryers?

Yes

No

Poor working postures

Do employees work in a stooped position, with raised arms or in other poor working postures, or do they stand/walk around most of the working day?

Yes

No

Repetitive and physically demanding work

Do employees strain their bodies in the same way over long periods, e.g. due to working in fixed postures (such as in connection with serving dishes)?

Yes

No

Heavy lifting

Do employees lift sacks or boxes of food such as flour or sugar, washing trays with glasses and plates, large pots, kegs or heavy cleaning trays?

Yes

No

Pulling and pushing

Do employees exert a lot of physical effort when pulling or pushing sacks of flour, trolleys, etc. or when taking large pizzas out of the oven?

Yes

No

Large workload, time pressure and unclear requirements

Are employees often too busy or assigned too many tasks in the workplace?

Yes

No

Help and support from management and colleagues

Do employees need help and support from management and colleagues?

Yes

No

Violence and threats

Are employees at risk of being subjected to violence or threats from customers/clients during or outside of working hours?

Yes

No

Offensive behaviour

Has anybody at the workplace been subjected to bullying, sexual harassment, discrimination or any other offensive acts by management or their colleagues?

Yes

No

Heat, cold and drafts	Yes	No
Is it too hot or cold in the working areas, or is there a draft in the working areas?	☐	☐
Air quality	Yes	No
Is the air in the facilities poor bad due to poor cleaning or ventilation?	☐	☐
Loud noise	Yes	No
Is there a high noise level in the workplace due to people, music devices or loud machines such as mixers and slicing machines?	☐	☐
Hazardous substances and materials	Yes	No
Do employees work with hazard-labelled products such as cleaning/dishwashing fluids or oven cleaners?	☐	☐
Dust, gases and smoke	Yes	No
Is there a risk of employees being exposed to substances from vegetables, meat, etc. that can irritate the skin or cause allergies, or from hazardous smoke such as frying smoke and smoke from ovens?	☐	☐
Infection risk	Yes	No
Are employees at risk of getting infected from handling foods such as raw meat?	☐	☐
Wet or damp hands	Yes	No
Do employees work with wet or damp hands for more than 2 hours a day?	☐	☐

Action plan

Signatures:

Date