Between 2015 and 2019, 111 young workers (ages 14 to 17) were treated at NJ emergency departments (ED) for burns that happened at work. Of those who reported occupation, 29 (40%) were food-service jobs.

**What the data say...**

<table>
<thead>
<tr>
<th>Location of Injury</th>
<th>Gender</th>
<th>Race</th>
<th>Ethnicity</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 arm/wrist/hand</td>
<td>59%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>3 body/trunk</td>
<td>41%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>7 leg/ankle/foot</td>
<td></td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>multiple locations</td>
<td></td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
</tbody>
</table>

**Gender**
- Female: 59%
- Male: 41%

**Race**
- White: 72%
- Black: 14%
- Other: 6%

**Ethnicity**
- Non-Hispanic: 72%
- Hispanic: 28%

**Location of Injury**
- Arm/wrist/hand: 17
- Body/trunk: 3
- Leg/ankle/foot: 7
- Multiple locations: 2

**Stay Safe, Don’t Get Burned!!**

**YES**
- Wear sturdy footwear that is slip resistant and not canvas or open-toed to protect the feet in case hot liquids are spilled on shoes.
- Assume that pots, pot handles, and utensils in pots are hot and use oven mitts when handling them. Use long gloved potholders.
- Uncover a container of steaming materials by lifting the lid open away from your face.
- Wait until the oil is cool before moving!
- Open ovens or steamers by standing to the side, keeping the door between you and the open stove. Open the top steamers first when steamers are stacked, and then the lower one to prevent being burned from the rising steam.
- Use long oven mitts to remove hot items from steamers or pasta boilers.

**NO**
- Never use a wet towel as a potholder!!
- Do not allow pot handles or cooking utensils to stick out from counters or doors fronts; keep pot handles away from burners.
- Never lean over pots of boiling liquids and Avoid reaching over or climbing on to fryers and other hot surfaces.
- Do not spill water or ice into hot oil; do not store employee drinks by deep fryers, they could be easily bumped into the hot oil and cause a flare-up.
- Do not overfill or pour excessive amounts of frozen fries or ice into deep fryer at once; shallow frying causes excessive splashing and bubbling over of hot oil.
- Do not clean vents over grill areas if the grill is hot; clean vents the next morning before turning on for the day.

For More Information Go To:
- NOSH's Youth@Work—Talking Safety Curriculum for New Jersey: https://www.nosh.org/curriculum/new-jersey/youth-work
- OSHA's Youth Worker Safety in Restaurants: E-Tool: https://www.osha.gov/SLTC/youthrestaurant/cookingheat.html

Click on the following links for more information on OSHA, environmental and occupational health, and workplace safety.

- Environmental Protection Agency (EPA): https://www.epa.gov
- OSHA’s Youth Worker Safety in Restaurants: E-Tool: https://www.osha.gov/SLTC/youthrestaurant/cookingheat.html

Stay Safe, Don’t Get Burned!!