*Safe Work Practices* Carrying Hot Plates

**Hazards:** Exposure to hot temperatures

**Equipment:** Hot plates

**Personal protective equipment:** Twoservice napkins (one for each hand)

**Training required:** Standard F&B training

**Legal requirements:** N/A

# Safe work practices

1. Fold a service napkin in half lengthwise and use it to cover an area on your arm from the fingertips to the elbow.
2. Place two plates maximum on this arm. Ensure that any skin that may come into contact with heat is covered by the napkin.
3. Fold the other service napkin in a square, and use it to pick up one plate. Ensure that any skin that may come into contact with heat is covered by the napkin.
4. Maintain balance of all the plates. Take care not to touch guests with hot plates.
5. Serve the guest beginning with the plate in the service hand.
6. Avoid making long stretches while leaning over guests.