**Safety Regulations**

1. Do not stand in front of closed doors and in front of walk-in door. It may suddenly open and strike you.
2. Grand Dining Room swinging doors should be opened slowly to avoid collisions with other employees. When going through swinging doors, always use the right-hand door.
3. Report unsafe conditions to your supervisor immediately. This means chairs, tables or any equipment not in perfect working order.
4. Keep food that is on display covered whenever possible so that no dirt or foreign substances can get into it.
5. Stacking glasses and dishes improperly often results in unnecessary accidents and breakage.
6. Protect against burns when handling hot dishes and advise guests to do the same.
7. When mats or runners are used, be sure that they lay flat and are free from loops.
8. Report every accident immediately. All injuries, no matter how small, should be reported to a kitchen manager or Front of House Manager.
9. Use caution when using elevators as the floor may be slick.
10. Do not lift weights beyond your ability. Get help whenever necessary.
11. Avoid infections. Get first aid promptly for all cuts and scratches. Always wash hands before eating and after using the restroom.
12. Fire procedures should be posted and understood by all employees.
13. Never use a glass for an ice scoop. It may break and leave pieces of glass in the ice bin.
14. No running in the kitchen and dining room at any time.
15. If you spill it, wipe it up! If you drop it, pick it up!

**Food preparation method terms**

Baked: cooked by dry, continuous heat in oven

Boiled: cooked in liquids at the boiling temperature of 212 F

Braised: browned in a small amount of fat and then cooked slowly in a

 little liquid in a covered pan

Broiled: cooked by direct heat, either under the source of heat, as in a

 broiler, or over the source of heat, as on a grill

Fried: cooked in hot fat

Pan-fried: cooked in a small amount of fat

Deep-fried: cooked while immersed in a large amount of fat

Grilled: cooked over direct heat, usually hot coals

Pan-broiled: cooked in a heavy frying pan over direct heat, using little or no

 fat

Poached: simmered in enough liquid to cover the food

Roasted: cooked uncovered without water added, usually in oven

Sautéed: browned or cooked in a small amount of fat

Simmered: cooked gently in a liquid over low heat just below boiling point

Steamed: cooked in steam with or without pressure

Stewed: simmer slowly in enough liquid to cover the food