Restaurant Health and Safety Fundamentals Training Course

20 – 24 December 2026
Manama

AGILE LEADERS
Training Center

AGILE LEADERS
Training Center

Restaurant Health and Safety Fundamentals Training Course

Ref: 1344_199341 **Date:** 20 – 24 December 2026 **Location:** Manama **Fees:** 4700 Euro

Overview

Restaurant Health and Safety Fundamentals Training Course is a one-week foundation course for restaurant managers and operational teams who leave with a Restaurant Safety Action Plan. Participants examine risk assessment, slips, burns, cuts, kitchen equipment, manual handling, cleaning chemicals, food safety interfaces, fire response, incident reporting, staff wellbeing, and inspections. Agile Leaders Training Center presents restaurant health and safety as coordinated control across kitchens, service areas, storage, and support activities.

Who Should Attend

- Managers responsible for restaurant operations
- Supervisors responsible for kitchen and service teams
- Personnel responsible for food preparation and service
- Functions responsible for facilities and equipment safety
- Staff responsible for workplace health and safety

The course assumes participants work in or oversee restaurant operations and leaves out culinary instruction, food hygiene certification, clinical first-aid qualification, and equipment licensing.

Departments and Industries

The course supports departments and industries responsible for safe restaurant, catering, hospitality, and food-service operations.

- Restaurants and commercial kitchens
- Hotels and hospitality services
- Institutional catering and food service
- Facilities, maintenance, and housekeeping functions
- Quality, safety, and workforce management teams

Learning Objectives

By the end of this course, participants will be able to:

- Analyze restaurant tasks and workplace hazards
- Apply controls for slips, burns, and cuts
- Use safe equipment and manual handling practices
- Evaluate chemical and food safety interfaces
- Apply emergency and incident reporting procedures
- Build a restaurant safety action plan

Course Agenda

Day 1: Restaurant Risk Foundations

- Restaurant Task Hazard Assessment Method
- Kitchen and Service-Area Risk Map
- Hierarchy of Controls Selection Guide
- Safety Role and Responsibility Matrix
- Pre-Shift Safety Briefing Checklist

Day 2: Slips, Burns, and Cuts

- Spill and Floor Condition Inspection Tool
- Hot Surface and Liquid Control Plan
- Knife and Sharp-Object Safety Checklist
- Broken Glass and Waste Handling Method
- Protective Equipment Selection Matrix

Day 3: Equipment and Handling Safety

- Kitchen Equipment Pre-Use Inspection Form
- Machine Guarding and Isolation Check
- Electrical Cord and Appliance Review Tool
- Manual Handling Task Assessment
- Storage and Delivery Route Control Plan

Day 4: Chemicals and Emergency Controls

- Cleaning Chemical Inventory and Label Check
- Food Safety Interface Control Map
- Fire and Gas Emergency Role Chart
- Incident and Near-Miss Reporting Workflow
- Staff Wellbeing Risk Monitoring Register

AGILE LEADERS
Training Center

Day 5: Restaurant Safety Practice

- Exercise: Kitchen and Service Hazard Inspection
- Exercise: Spill, Burn, and Cut Control Review
- Exercise: Equipment and Handling Safety Scenario
- Exercise: Fire, Gas, and Incident Response Drill
- Capstone Exercise: Restaurant Safety Action Plan

Practical Exercises

The course uses suggested activities based on restaurant kitchens, dining areas, storage rooms, and delivery points.

- Suggested activity: inspect a kitchen and service area and prioritize corrective actions.
- Suggested activity: assess a hot-work, sharp-tool, or spill scenario using the course controls.
- Suggested activity: review an equipment and manual handling task before work begins.
- Suggested activity: respond to an emergency scenario and complete the incident reporting workflow.

FAQs

What is restaurant health and safety?

Restaurant health and safety coordinates workplace controls for kitchens, service areas, storage, equipment, chemicals, emergencies, and staff activities.

Who suits restaurant health and safety training, and what does it assume?

Restaurant health and safety training suits managers, supervisors, food-service teams, facilities personnel, and safety staff, and assumes participants already work in or oversee restaurant operations.

How does restaurant health and safety training differ from food hygiene training?

Restaurant health and safety training focuses on worker and workplace risks such as slips, burns, cuts, equipment, chemicals, handling, and emergencies, while food hygiene training concentrates on preventing food contamination.

How does restaurant health and safety reduce kitchen incidents?

Restaurant health and safety reduces incidents through task assessment, prompt spill control, guarded and inspected equipment, safe tool use, chemical controls, clear emergency roles, and reporting.

AGILE LEADERS
Training Center

Conclusion

The course integrates risk assessment, slip control, burn and cut prevention, equipment safety, handling, chemicals, emergencies, reporting, staff wellbeing, and inspections. Participants take back a Restaurant Safety Action Plan with priorities, responsibilities, monitoring steps, and corrective actions. The plan changes how restaurant teams coordinate prevention across operational areas.