Food in the Workplace

Introduction:

Almost everyone has eaten at their desk during the workday, whether it's a snack to curb their appetite or a meal to save time and get ahead on work. Employees will often eat while working due to stress with long hours and a heavy workload. OSHA does not regulate food and drinks in the workplace. However, companies should review the Safety Policy involving food and drinks that are a safety hazard in work areas. There should be a Safety Food Policy that restricts food and drinks in production areas, near machinery, around computers, and in areas where chemicals are present. This often depends on the work industry. Many companies have designated lunch and break times where food and drinks are allowed only in the employee break room. Employers should ensure that all employees are aware of the restrictions and the reason for the Safety Food Policy.

Discussion Points:

- Review the Safety Food Policy involving food and drinks that are a safety hazard in work areas.
- Ensure all employees understand and follow the Safety Food Policy.
- How is the food culture changing?
- Establish a clean and healthy environment and follow standard eating etiquette.
- When possible, take a break and refresh your mind.

Discussion:

Technology is changing the trend so that the traditional work lunch hour no longer exists. Online orders and food delivery offer convenience when eating meals at the workplace. Companies that offer a flexible work schedule often allow employees to run errands or work out during the day and grab food on their way back to work. In this type of work atmosphere, employers and employees benefit from an increase in performance, productivity, teamwork, physical health, and morale.

All employees should follow the company Safety Food Policy to establish a clean and healthy environment, follow standard eating etiquette, clean up after themselves, and respect others. When possible, take a break, engage in conversation, and refresh your mind.

As always, stay safe out there!