

# START SOMETHING SPECTACULAR!

## CAREERS IN HOSPITALITY – KITCHEN HAND

Kitchen hands assist cooks and chefs in preparing and storing food, washing dishes and utensils, and cleaning work areas. Kitchen hands work in hotels, motels, restaurants, cafes, hospitals, takeaway food bars, boarding schools, and factory or office canteens.

### What do kitchen hands do?

Kitchen hands may perform the following tasks:

- Wash and clean utensils and dishes that are returned to the kitchen and make sure they are stored appropriately
- Handle, sort, store and distribute food items
- Wash, peel, chop, cut and cook foodstuffs and help to prepare salads and desserts
- Dispose of rubbish
- Organise laundering of linen
- Wash dishes
- Clean food preparation equipment, floors and other kitchen tools or areas.

The particular duties of a kitchen hand may vary depending upon the type of workplace and their level of experience. Inexperienced kitchen hands or those in larger restaurants or hotels may focus on cleaning and housekeeping tasks such as scrubbing pots, sweeping floors and putting utensils and crockery away. Other kitchen hands may be involved in preparing ingredients: cleaning, chopping, slicing, grating, peeling and trimming.

Kitchen hands usually aren't involved in cooking the food, though in smaller establishments there may be opportunities to be more involved in the cooking side of things.

### Work Conditions

The role of the kitchen hand tends to involve repetitive work. Commercial kitchens can be very hot and noisy, and working conditions may be uncomfortable. However, the work is varied and working as part of a team in a busy kitchen can be fun.

Kitchen hands are often employed on a part-time, casual or seasonal basis and usually work in shifts. They must be prepared to work irregular hours and to stand for long periods.

Protective clothing such as overalls or gloves may be provided. Kitchen hands must be able to use knives and other cooking equipment efficiently and safely.

### Personal Requirements

- Interested in practical work
- Good hand-eye coordination
- Able to work quickly and safely
- Good personal hygiene
- Free from skin allergies to foods and detergents
- Good communication skills
- Able to work as part of a team

## What are the careers opportunities?

Most kitchen hands work on a part-time or casual basis. It is a very large occupation with high staff turnover and there is usually a steady demand for experienced kitchen hands.

The job provides the opportunity to learn about other kitchen work and can serve as a good introduction to the catering and hospitality industries. Many people in the industry suggest that people interested in a career in hospitality, especially those intending to be a chef, should get some experience as a kitchen hand. It's a great way to help decide whether you want to become a chef before committing to an apprenticeship. Many chefs have worked their way through the ranks starting out as the kitchen hand.

## What training do you need?

You can work as a kitchen hand without formal qualifications. However, there are formal qualifications available, and these may assist you in gaining employment and advancing within the industry.

- **Certificate I in Hospitality (Kitchen Operations)** – This certificate will provide you with the basic skills to work as a kitchen hand.

Other qualifications are available to help kitchen hands move forward into other cookery positions.

## For more information

Career Gateway <a href="http://www.careergateway.serviceskills.com.au">www.careergateway.serviceskills.com.au</a>	Career Gateway helps parents and career advisors, employers and students with career information
Australian Job Outlook <a href="http://www.jobsearch.gov.au">www.jobsearch.gov.au</a>	Australian government website that provides information on job prospects, weekly earnings, type of work and other useful occupational information.
Wagenet <a href="http://www.wagenet.gov.au">www.wagenet.gov.au</a>	The aim of this site is to help you find information about wages and conditions of employment.
Year 12 What Next? <a href="http://www.year12whatnext.gov.au">www.year12whatnext.gov.au</a>	Australian government website designed to help Year 12 students plan their post school education and training
My Future <a href="http://www.myfuture.edu.au">www.myfuture.edu.au</a>	Australian government website containing comprehensive career information.
My Hospitality <a href="http://www.myhospitality.com.au">www.myhospitality.com.au</a>	Free Australian hospitality industry and trade directory, employment provider and information source