

Kitchen Safety



BEFORE YOU BEGIN...

- Roll up long sleeves, tie back long hair and remove loose clothing / jewelry that might get in the way or catch on something.
- Wash your hands and dry them well. Wet hands can be slippery.
- Keep cabinet doors and drawers closed so you won't bump into them.
- Wipe up spills as soon as they happen. Wet spots can be slippery.





Stove Safety

- Make sure all pot handles are turned IN, (*not over the edge of stove*)
- Be sure to hold the handle while stirring to prevent the pot from slipping off the burner.
- Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.
- Always use oven mitts to handle food on the stove or in the oven
- Before leaving the kitchen, check that the oven and burners are all turned off



KNIFE SAFETY

- Always pick up knives by their handle and do not point them at anyone.
- Don't put knives or other sharp objects in a sink full of water. Someone could reach in and get hurt.
- Sharp knives should always be stored in a special drawer, rack or block. Do not keep sharp knives mixed in with other utensils.
- **Do not try and catch dropped knives.** If you are working with or handling a knife and you drop it, step back and let it fall, don't try to catch it.

Fire & Oil Safety

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- Do not try to carry the burning pan!
- Never put water on it!
- Know where the fire extinguishers are located!



Grease Fire Safety

- Most kitchen fires start because of heating fat or oil. As oil gets hotter at first it smokes and if it gets too hot, it can burst into flames

If Grease Catches on Fire:

Turn off burner

Put lid on pot

Pour baking soda or salt over flames



Check
out
video

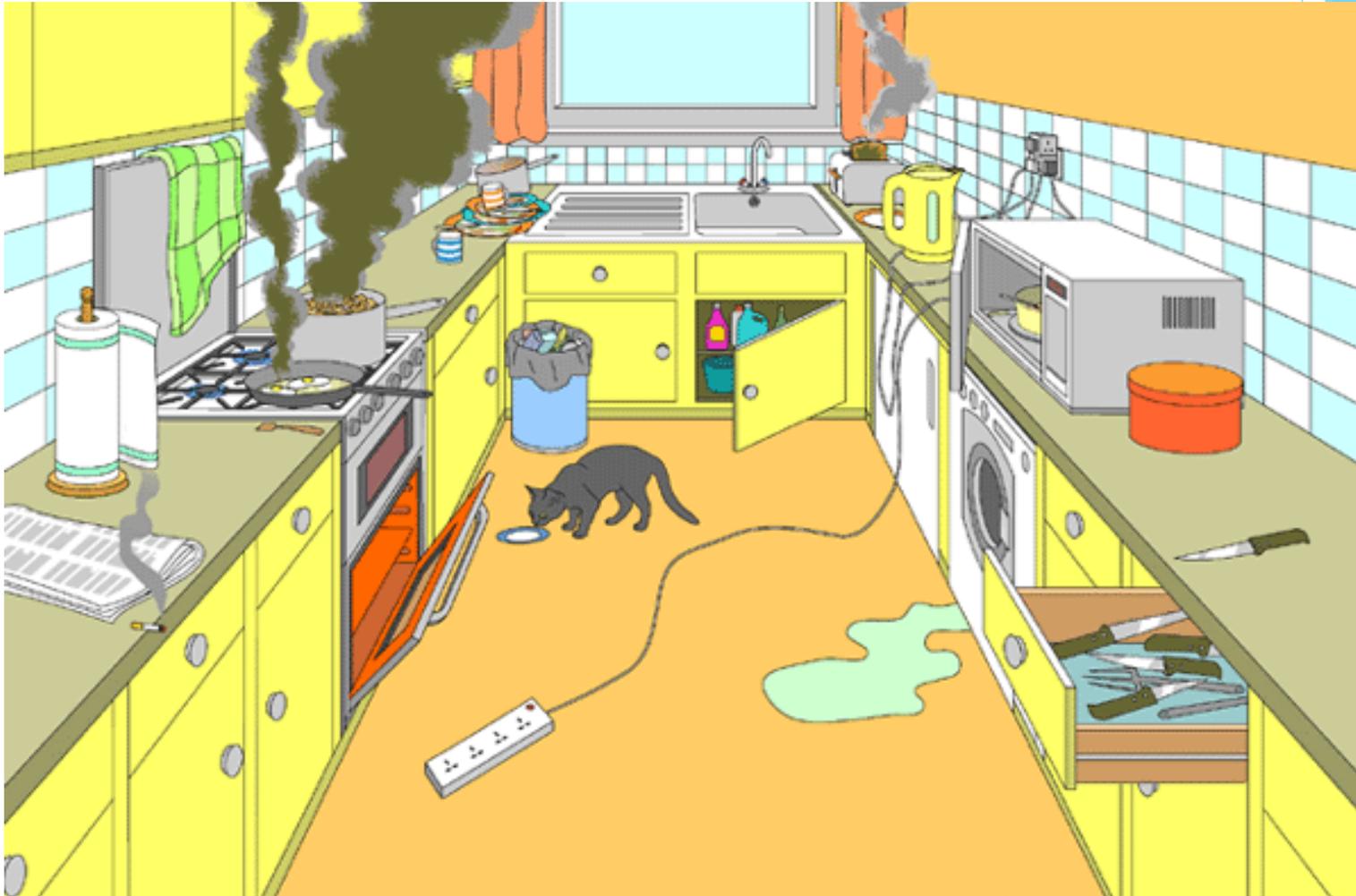


Electrical Safety

- Never stick a fork in a toaster to retrieve trapped toast - you may get shocking results.
- Don't go near electrical outlets with wet hands.
- Make sure all wires, cords and plugs on your appliances are in good condition
- Never overload kitchen outlets.
- Unplug smaller appliances, when not in use.



Spot the Safety Hazards



SAFETY HAZARDS IN THE KITCHEN ARE EVERYWHERE



STAY ALERT!