

KITCHEN SAFETY

with



Kitchen Safety

- **The kitchen can be one of the MOST dangerous places in the home, in the classroom and in the industry.**
- **It is critical that you understand the principles of kitchen safety and sanitation in order to keep yourself and others safe while cooking.**



Electrical Appliances

- ▶ Use dry hands.
- ▶ Stand on a dry floor.
- ▶ Keep appliances away from water.
- ▶ Plug removable cords into the appliance first and then plug into the power source.



Electrical Appliances

- ▶ In case of electrocution, turn off the MAIN POWER SOURCE (power breaker) before touching the person or the appliance.



Knife Safety

- ▶ Sharp knives are safer than dull knives.
- ▶ Store knives with a safety guard over the blade or in a knife block/rack.
- ▶ First-aid for a severely bleeding cut is to apply direct pressure over the wound. Very deep cuts may require medical attention.



Avoiding Burns

- Keep clothing away from direct heat.
- Avoid paper/plastic on or near the stovetop.
- Use hot pads/oven mitts for handling hot pans. (Including microwave cooking.)



Avoiding Burns

- ▶ Lift lids on hot foods away from you and your face. Direct the steam away.
- ▶ Turn pan handles toward the inside or back of the stovetop.



Avoiding Burns

- First-aid for a first degree burn is to run the burned area under cold running water.



Extinguishing a Grease Fire

➤ Cover with a lid.



➤ Smother with baking soda



➤ Use a fire extinguisher.

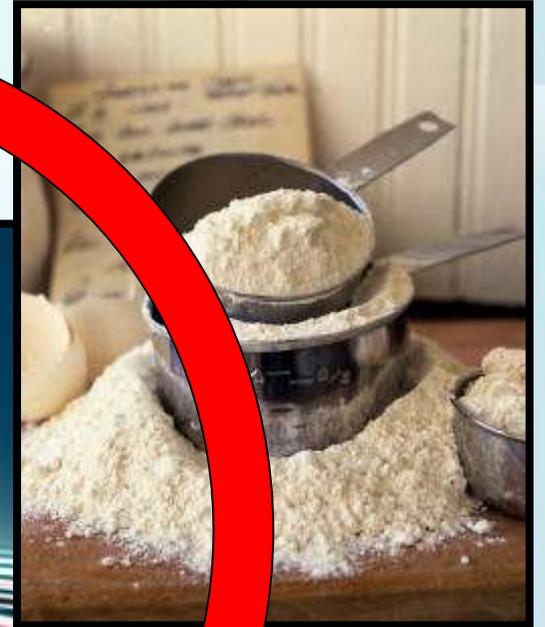


Never Use on a Grease Fire

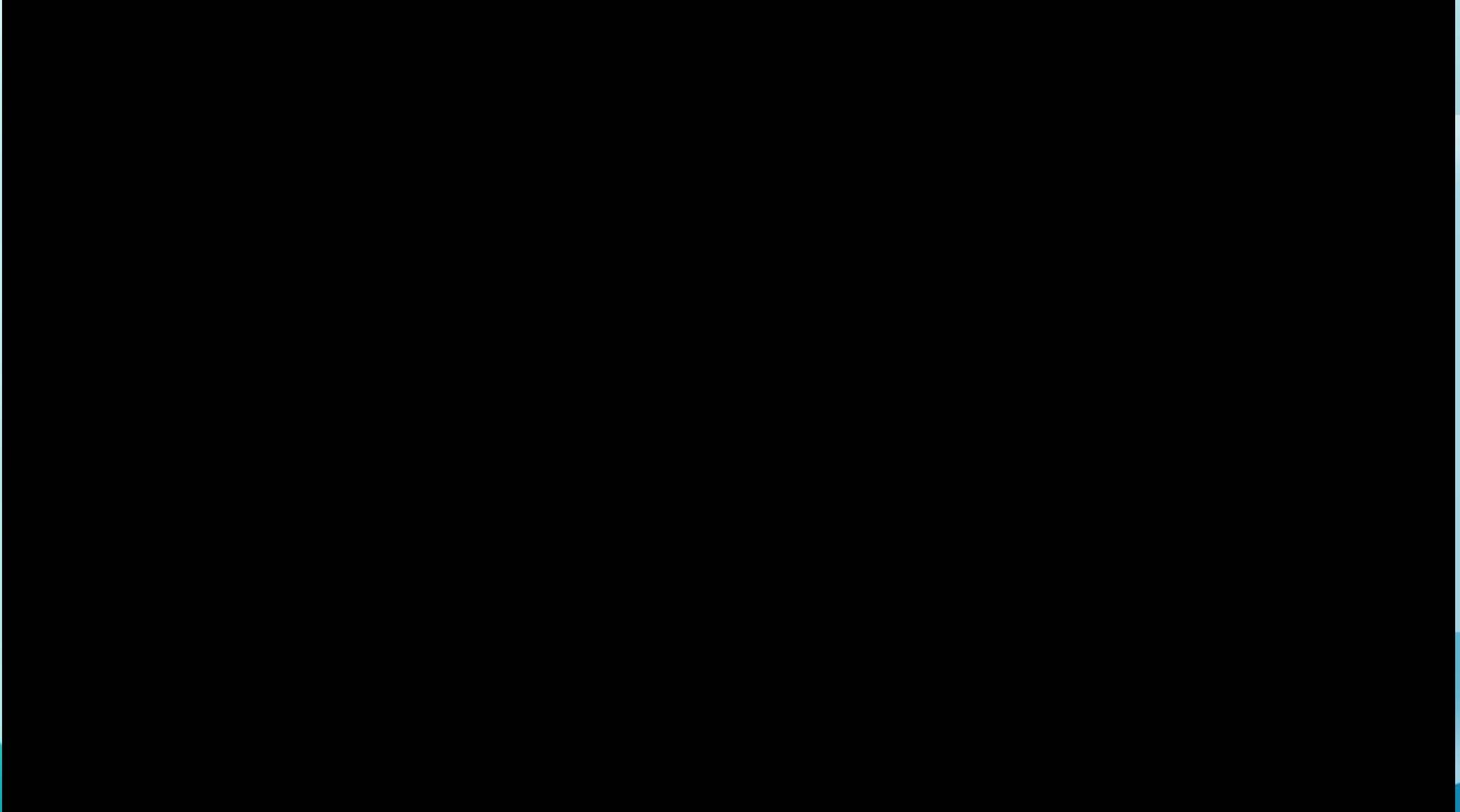
▶ Water

▶ Sugar

▶ Flour



Consequences



Avoiding Tripping/Falling

- ▶ Clean up spills as soon as they happen.
- ▶ Use a step stool to reach things in high places.
- ▶ Store heavy items on lower shelves.



Cleaning Supplies and Chemicals

- ▶ Store cleaning supplies away from food in designated areas, equipment, utensils, linen and single-use items in a designated area.
- ▶ Keep cleaning chemicals in their original containers or have them clearly labeled.



Cleaning Supplies and Chemicals

- ▶ Never mix cleaning supplies.
- ▶ Combinations like ammonia and bleach will produce toxic deadly fumes.

