

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

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



Electrical Appliances

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



Knife Safety

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



Avoiding Burns

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



Avoiding Burns

4. Lift lids on hot foods **AWAY** from you and your face. Direct the steam away.
5. Turn pan handles toward the **INSIDE** **OR BACK** of the stovetop.



Avoiding Burns

6. First-aid for a first degree burn is to place the burned area under **COLD RUNNING WATER.**



Extinguishing a Grease Fire

7. To extinguish a grease fire:

- Cover with a **LID**.



- Smother with **BAKING SODA**.



- Use a **FIRE** extinguisher.



Never Use on a Grease Fire

8. NEVER use the following on a grease fire:

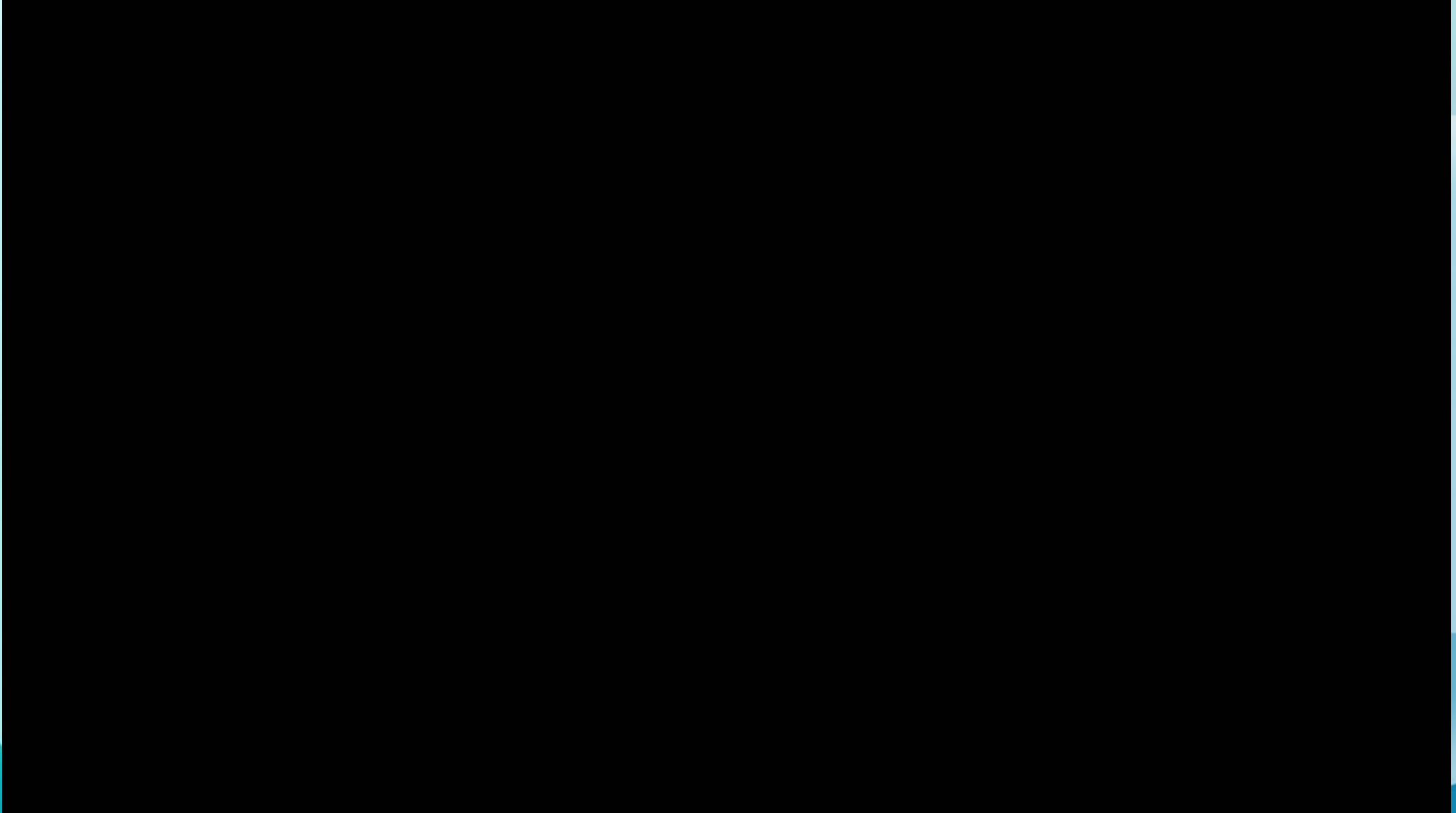
- WATER

- Sugar

- Flour



Consequences



Avoiding Tripping/Falling

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



Cleaning Supplies and Chemicals

1. Store cleaning supplies away from food in designated areas, equipment, utensils, linens and single-use items in a designated area.
2. Keep cleaning chemicals in their **ORIGINAL** containers or have them clearly labeled.



Cleaning Supplies and Chemicals

3. **NEVER** mix cleaning supplies.
4. Combinations like ammonia and bleach will produce **TOXIC DEADLY FUMES.**

