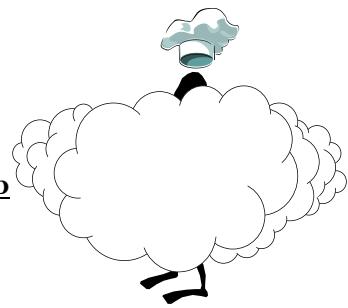


Name _____



Safety in the Foods Lab



The keys to preventing kitchen accidents are careful kitchen management and safe work habits.

Preventing Cuts:

- ✓ When using a knife, cut away from you.
- ✓ Keep knives sharp.
- ✓ Wash knives seperately from dishes.
- ✓ When opening cans, use a can opener. Never leave the lid attached to the can!
- ✓ Sweep up broken glass with a broom. Never pick it up with your bare fingers!
- ✓ Minor cuts – wash with soap and warm water, blot dry and bandage.
- ✓ Report all accidents to the teacher immediately.



Preventing Falls:

- ✓ Wipe up spills, splatters and peelings immediately.
- ✓ Pick up objects from floor.
- ✓ Use a firm stepstool, ladder or sturdy chair to reach high shelves.
- ✓ If there is a rug in the kitchen, be sure that it has non-skid back.
- ✓ If the floor is wet, do not walk on it.
- ✓ Keep all drawers and doors closed.

Preventing Burns and Fires:

- ✓ Roll up sleeves when cooking.
- ✓ Keep flammable materials away from the stove.
- ✓ **Always** use two pot holders when handling pots and pans.
- ✓ When you lift the lid from a hot pan tilt the lid away from you and do not hold your face directly over the pan.
- ✓ Pot handles should not extend over the edge of the stove or over another hot burner.
- ✓ Wait until the range cools before you try to clean it.
- ✓ Do not lean over burners while cooking.
- ✓ Stand to one side when opening the oven.
- ✓ Make sure all burners are turned off after cooking and during fire drills.



Grease Fires:

- ✓ Fats and oils are very flammable. Keep kitchen equipment clean so grease does not build up!



DO NOT.....

- Pour water on a grease fire.
- Try to carry the burning pan to the sink.

DO.....

- Turn off heat source immediately.
- Pour salt or baking soda over the flames.
- If salt or baking soda is not nearby, cover the pan with a lid.
- If fire seems out of control, leave immediately and alert others.

Using Electricity Wisely:

- ✓ Never use an electric appliance if your hands are wet or if you are standing on a wet floor.
- ✓ Keep electrical cords away from the sink and the range.
- ✓ Hold the plug, not the cord when you disconnect an appliance. A cartoon illustration of a power plug with three yellow lightning bolts striking it from different angles.
- ✓ Do not run an electrical cord under a rug.
- ✓ If you cannot get food out of an appliance (ex- toaster), disconnect it. Try turning it upside down. If food does not shake loose, take it to a repair person. **DO NOT STICK ANYTHING IN IT!**
- ✓ Do not plug too many appliances into one outlet.
- ✓ When using the electric hand mixer, be sure the beaters are attached correctly. Keep hands and metal objects away from beaters. Always place the beaters into the food before turning on.

Personal Cleanliness:

- ✓ Scrub hands and fingernails with soap and warm water **before and after** working for a minimum of 30 seconds.
- ✓ Keep hair away from face and avoid touching hair while you work; pull hair back if necessary.
- ✓ Prevent clutter – **Clean up as you go and put things away.**
- ✓ Wear clean clothes and a clean apron.
- ✓ **Cover** any open cuts and sores.
- ✓ Do not taste and cook with the same spoon.
- ✓ Always wash hands immediately after handling raw meat, fish, poultry, or eggs. A cartoon illustration of a chef wearing a white toque and a white apron, standing at a sink and washing their hands.

Kitchen Cleanliness:

- ✓ Clean as you go.
- ✓ All cutting should be done on cutting boards.
- ✓ Never use the same cutting board for raw foods and cooked foods this can cause cross-contamination.
- ✓ Keep lids free of dust.
- ✓ Wash counters and cutting boards

