

SAFETY IN YOUR KITCHEN

Safety in the kitchen means accident and fire prevention. When you know the possible causes of accidents and fires you can do a better job of preventing them. Burns, cuts, and falls are the kinds of accidents that can frequently occur in the kitchen.

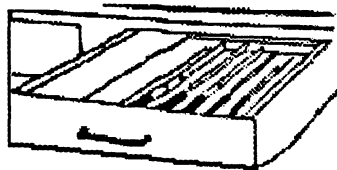


BURNS: Some suggested ways to avoid burns are listed below.

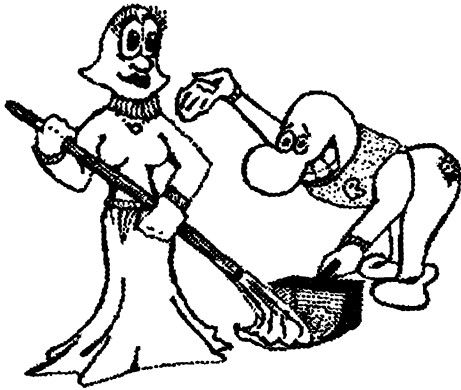


1. Use pot holders when handling hot pans.
2. Tilt the lids of pots and pans toward you so that the steam will not burn your hands or face as you remove the lid.
3. Always keep the handles of pans turned away from the outer edges of the range so there will be no danger of pulling or pushing them to the floor as you move about the range.
4. Do not wear loose-hanging garments or long sleeves when you cook. They catch fire easily. If your hair is long, tie it back. It will burn if it touches a flame or a hot electric coil.
5. Keep books and papers away from the range top.
6. If a grease fire occurs, extinguish by smothering with baking soda or salt or turn off heat and put a lid on pan. Don't pour water on fire, it will spatter and burn.
7. Never touch a surface unit right after you have turned it off. It will stay hot for some time.

CUTS: Cuts may be avoided by:

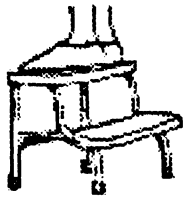
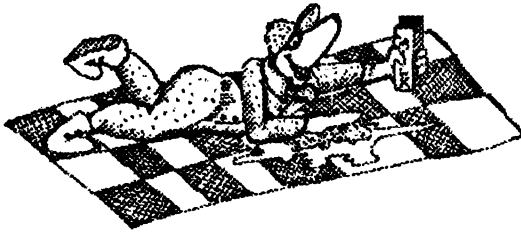


1. Storing sharp objects and knives separately. This will prevent cuts and at the same time, the blades of your knives will remain sharp longer.
2. Do not place them in dish water where you will have to search for them. Wash them separately.
3. Learn to cut away from you when cutting foods or peeling vegetables.
4. Always use a cutting board to cut your foods on.



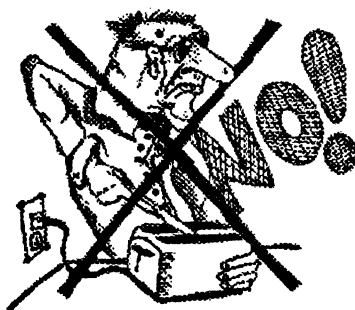
5. Keep knives sharp. Dull knives are dangerous. A slip with a dull knife can cause more harm than a sharp knife because you have to use extra pressure on it.
6. Use the correct size and type of knife for each job.
7. Pay attention to what you are doing when you use a knife. Take time and always keep your eyes on the knife.
8. Sweep a broken glass with a broom or a brush. Never pick it up with your bare fingers, dish towel or dish cloth.

FALLS: To prevent falls be sure to:



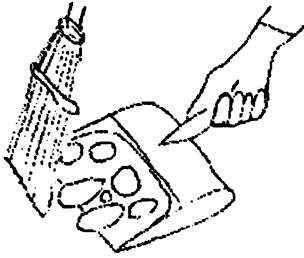
1. Wipe up kitchen floors immediately after spilling anything - liquid or grease. Don't wait.
2. Keep kitchen floors clean and dry to avoid any accidents.
3. Use a sturdy stool when you reach for objects that you cannot reach from the floor.
4. Keep cupboard doors and drawers closed so that you will not bump into them.
5. If you drop something, stop and pick it up. Someone else may not see it and fall over the object.

OTHER SAFETY RULES:

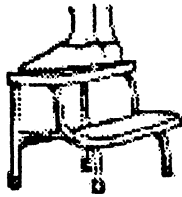


1. Never store household cleaners or other dangerous products in a place where children can reach them.
2. Learn how to handle all electrical equipment properly so that you will not abuse the cord and plug. Frayed cords and broken plugs can result in an electrical shock or a fire.
3. Handle all electrical equipment with dry hands.
4. Do not overload electrical circuits by using too many appliances at the same time.
5. For an electrical fire, use a chemical fire extinguisher.
6. If you cannot get food out of an appliance such as a broiler, toaster, or waffle iron, **disconnect it first**. Then use a knife or fork to remove the food.

5. Keep knives sharp. Dull knives are dangerous. A slip with a dull knife can cause more harm than a sharp knife because you have to use extra pressure on it.
6. Use the correct size and type of knife for each job.
7. Pay attention to what you are doing when you use a knife. Take time and always keep your eyes on the knife.
8. Sweep a broken glass with a broom or a brush. Never pick it up with your bare fingers, dish towel or dish cloth.



FALLS: To prevent falls be sure to:



1. Wipe up kitchen floors immediately after spilling anything - liquid or grease. Don't wait.
2. Keep kitchen floors clean and dry to avoid any accidents.
3. Use a sturdy stool when you reach for objects that you cannot reach from the floor.
4. Keep cupboard doors and drawers closed so that you will not bump into them.
5. If you drop something, stop and pick it up. Someone else may not see it and fall over the object.

OTHER SAFETY RULES:



1. Never store household cleaners or other dangerous products in a place where children can reach them.
2. Learn how to handle all electrical equipment properly so that you will not abuse the cord and plug. Frayed cords and broken plugs can result in an electrical shock or a fire.
3. Handle all electrical equipment with dry hands.
4. Do not overload electrical circuits by using too many appliances at the same time.
5. For an electrical fire, use a chemical fire extinguisher.
6. If you cannot get food out of an appliance such as a broiler, toaster, or waffle iron, **disconnect it first**. Then use a knife or fork to remove the food.

7. Be sure appliances are in good condition. Have them repaired, if necessary. Never try to repair appliances yourself.
8. When using an appliance, be sure the cord is out of the way. Then no one can pull it off the counter or table accidentally.
9. Keep electric cords away from any heat, such as surface units on a range or hot pipes.
10. Pull plug of electric cord from socket; do not yank cord or wrap around hot appliance.
11. If your body catches on fire, **STOP, DROP, ROLL.**
12. Use a smother blanket to get rid of flames.

FIRST AID IN THE KITCHEN:

When accidents happen in the kitchen during class time, no matter how small, they must be reported to the teacher at once.

BURNS: In first degree burns the skin is red or discolored. This type of burn is treated by applying cold water or submerging the burned area in cold water. In second degree burns the skin is red and blisters develop. Treat this type of burn by immersing the burned area in cold water (Not ice water) for 1 to 2 hours. Do not break any blisters. Do not use an antiseptic preparation, ointment or spray on a badly burned area.

BLEEDING: In cases of severe bleeding, apply direct pressure over the wound. first place a thick pad of cloth over the cut and hold it down with your hand. Keep it covered. If a cut or wound does not bleed severely, it will need to be cleansed thoroughly.

Kitchen safety is of great importance. Learn it now and observe it whenever you cook. Remember, an ounce of prevention is worth a pound of cure.