Safety in the Kitchen

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

Falls, electrical shock, cuts, burns and poisoning are all kitchen hazards. **Stay Calm and Never hesitate to call for help.**

General Safety Guidelines

- Do not let hair, jewelry, sleeves dangle – catch fire or get tangled in appliances.
- Keep your mind on what you're doing.
- Prevent clutter – Clean up as you go and put things away.
- Close drawers and doors.
- Use the right tool for the job.
- Store heavy or bulky items on low shelves.

Falls:

Keep floors clean and free of clutter. Wipe up spills, spatters and peelings.

Eliminate other hazards, slippery throw rugs and damaged or worn flooring. Tie shoes, avoid long clothes, floppy slippers.

Use a firm stepstool or ladder instead of a chair.

Use a bib-skid backing on rugs.

First aid for falls –

Don't move a person with broken bones unless necessary.

Call medical help if head aches, dizziness, vomiting, or speech impairment results from head injury.

Mild bruises/sprains need ice bag or cold water/cloths and elevation.

Cuts:

Keep knives sharp and use properly.

Use a drawer divider or knife rack for sharp cutting tools.

Don't try to catch a falling knife.

Don't soak knives in sink or dishpan or water.

Sweep up broken glass from the floor using broom and dustpan.

Use wet paper towel instead of bare fingers.

First aid for cuts -

Stop severe bleeding with the pressure of a thick cloth; get medical help.

Minor cuts – wash with soap and water, blot dry and bandage.

Consumer product safety commission estimates over 137,000 people receive hospital treatment for injuries from kitchen knives each year.

Electrical Safety:

Appliances save both time and work in the kitchen. But, they are a source of shock, burns and other injuries.

Read owner's manual.

Water and electricity don't mix – cords

Avoid damage to electrical cords – tugging on cord, stapling, or burn them.

Use outlets properly – overloading polarized plugs 9one blade wider than other)

Use care with any plugged in appliance.

Watch for problems.

First aid for electrical shock –

Don't touch person connected to electricity.

Turn off power, pull plug or pull person away with cloth loop.

Administer CPR if qualified and call medical help.

Hazardous Chemicals:

Cause burns, breathing difficulties and poisoning.

Read labels.

Never transfer hazardous products to another container.

Never mix different chemical products.

Never mix compounds such as bleach/ammonia.

Use charcoal/hibachi outside ONLY – gives off carbon monoxide.

Follow antidote directions in well ventilated area if poisoning occurs.

First aid for Poisons –

Call medical help and if possible use antidote on label.

If fumes, get person to well ventilated area.

Flush eyes with water if irritated.

Fires:

Every kitchen should have a fire extinguisher.

Turn off heat, cover pan or pour salt or baking soda on flames.

Never use water – grease will spatter and burn.

Never attempt to carry a pan with burning contents – Fire Dept. – go outside.

In case of fire:

Turn off appliance.

Use baking soda instead of water.

Use a fire extinguisher.

If clothing catches on fire, drop to the ground and roll. **STOP. DROP. ROLL.**

Crawl on the ground to get out of smoke filled room.

First aid for Burns –

Cool it with cold water/prolonged ice will freeze tissue.

Avoid ointments, grease and oil (contributes to the cooking process of the burn).

Choking:

Heimlich maneuver

CPR – If person has stopped breathing and heartbeat have stopped.

First aid for Choking –

If person can speak, cough or breathe, do nothing.

Do the Heimlich Maneuver procedure.