

Laboratory Safety and Sanitation

SAFETY PROCEDURES

To prevent fires and burns . . .

1. Use salt or baking soda, *not water*, to put out a grease fire.
2. Keep flammable materials away from the top of the range and away from portable appliances that produce heat.
3. Use a dry potholder to remove pans from the range.
4. Store flammable substances such as aerosol sprays away from heat sources.
5. Use a metal trashcan when disposing of hot or smoldering items.
6. Keep the range exhaust hood and ducts clean.
7. Keep pan handles turned inward on the range.
8. When removing a pan lid, tilt the lid away from you and do not hold your face directly over the pan.
9. When removing a pan from the oven, pull the rack out. *Don't* reach into a hot oven.
10. Wear an oven mitt on each hand and use both hands to remove pans from the oven.
11. Check to be sure all appliances are turned off when you are finished with them.
12. Use a spoon or tongs, *not your fingers*, to remove food from hot liquid.
13. When lighting gas burners with a match, strike the match first, then turn the burner on.
14. If you smell gas, turn off all range and oven controls and tell your teacher.

To prevent falls . . .

1. Wipe up all spills at once.
2. To reach items stored in high places, use a sturdy step stool or ladder.
3. Close cabinet doors and drawers.

To prevent cuts . . .

1. Keep sharp knives sharp. They are less likely to cause an accident than dull ones.
2. Use a cutting board.
3. Cut away from you with the knife blade slanted.
4. For peeling vegetables such as carrots or potatoes, use a peeler instead of a knife.
5. If a knife, kitchen scissors, or ice pick starts to fall, get out of the way. Do not try to catch it in mid-air.
6. Wash, dry and store knives separately from other dishes and utensils.
7. Keep your fingers away from beaters and blades in appliances.
8. Use knives and other sharp tools only for their intended purpose.
9. Sweep up broken glass immediately.
10. Wrap your hand in a towel to pick up broken glass.
11. When opening cans, cut the lids completely off.
12. Don't leave sharp knives in a sink full of water.

To prevent electric shock . . .

1. Read appliance booklets before using appliances.
2. Keep electrical cords away from water and hot objects.
3. Do not plug several cords into an electrical outlet at one time.
4. Unplug portable appliances after you have used them.
5. Disconnect appliances before cleaning them. Do not put them in water unless the appliance is labeled "immersible."
6. Before using an appliance, make sure your hands are dry and that you are standing on a dry surface.

7. Unplug appliances before bringing metal objects in contact with any working parts.
8. Plug the cord of portable appliances into the appliances first, then into the wall.

To prevent microwave accidents . . .

1. Never use a microwave if the door appears damaged.
2. Never turn on the microwave if there is no food inside.
3. Do not heat sealed jars, cans, or bottles in the microwave.
4. Do not heat home-canned foods in a microwave. Use a conventional range.
5. Use potholders to remove food containers from the microwave.
6. Remove lids and plastic wrap carefully to avoid steam burns.
7. Distribute the heat by stirring microwaved foods before serving them.

SANITATION PROCEDURES

1. Place books, purses, and other personal items in an area of the classroom not used for food preparation.
2. Wear appropriate, clean clothing on lab days. Avoid long, loose sleeves, sashes, and dangling jewelry.
3. Wear a clean apron or lab coat.
4. Pull hair back and secure it so that it stays away from your face and shoulders.
5. Avoid working with food if you have an open wound on your hands.
6. Wash your hands with soap before beginning the lab. Dry your hands with paper towels or on cloth towels not used for drying dishes.
7. While working with food, avoid touching your hair, skin, face, or other unclean objects.
8. Repeat hand washing when necessary - especially after coughing, sneezing, or using the restroom.
9. Be sure you have clean dishtowels, dishcloths, potholders, and oven mitts before beginning the lab. Obtain additional clean items as they are needed but *NOT* in excess.
10. Wipe all counter tops and tables at the beginning and end of each lab.
11. Use *hot*, soapy water for washing dishes.
12. Wash and dry dishes, pans, and utensils as you use them.
13. When tasting foods, use a spoon other than the one used for stirring. Use a clean spoon for each person tasting and for each time food is tasted.
14. After working with raw animal foods, scrub all areas and utensils used with hot soapy water.
15. When possible use a kitchen tool, *not* your hands, to complete tasks.
16. Thoroughly cook foods to be served hot. Keep them hot until they are served.
17. Foods to be served cold should be kept cold until serving time.
18. Cover leftover foods and store them in the refrigerator immediately.

EMERGENCY INFORMATION

The fire extinguisher in our lab is located _____

The fire blanket in our lab is located _____

I have read the safety and sanitation procedures for working in the food lab. I, the student agrees to follow these procedures.

Student's signature _____ Date _____