

Safety in the kitchen

Most accidents occur in the kitchen.

When you are cooking always:

- Have an adult present
- Ask for help if you don't know how to use equipment
- Get all ingredients and equipment first
- Place hot pots and pans on heatproof surfaces
- Read the whole recipe before you start to cook
- Use a small knife that you can handle
- Point saucepan handles away from the front of the stove
- Use oven mitts and never tea towels
- Switch everything off when you've finished
- Be aware of others and never run
- Tie back long hair
- Wear proper school shoes
- Remember never handle, boiling water

Hygiene in the Kitchen

Bacteria can grow and make you sick.
When you are cooking always:

- Wash hands with soap and water
- Start and finish with clean surfaces and equipment
- Clean as you go along
- Tie back long hair
- Wear bandaids and disposable gloves for any cuts
- Remember never cook if you are sick



Knife Handling

For the safety of yourself and others:

- Always walk with your knife pointing down by your side
- Never pass a knife, place it on the bench
- Never leave a knife in the washing up water
- Always place a knife fully on the bench
- Always clean and dry a knife with the blade facing away from your hand
- Always cut away from you
- Never lick a knife
- Always curl your fingers into a claw to hold food when cutting
- Always cut on a cutting board
- Never try to catch a falling knife

Electrical Safety

To prevent fires and electrocutions:



Always switch off and unplug appliances after use



Never use damaged equipment (especially frayed cords)



Always use a safety power board not extension cords or double adaptors



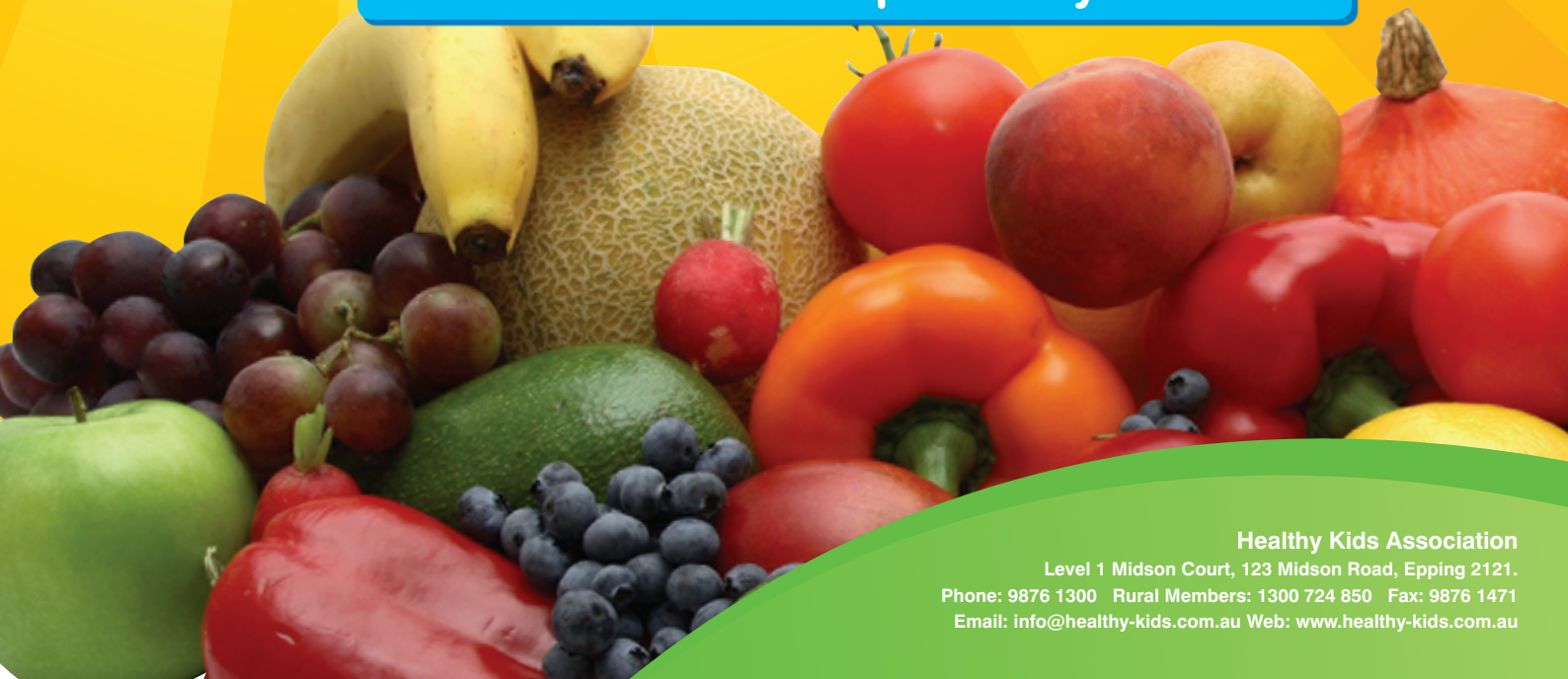
Always have safety switches and smoke alarms installed



Microwave Safety

To heat food safely and prevent burns and scalds:

- Never use without adult supervision
- Only use microwave safe containers
- Never use metal containers
- Always have the microwave at a height that you can see into and reach
- Always stir food when reheating
- Always check food is not too hot before serving
- Always remove lids away from you to allow steam to escape safely



Preventing Burns and Scalds

To be safe when cooking always:

- Have an adult present
- Use short or curly cords or cordless equipment
- Use the back elements of the stove first
- Turn saucepan handles away from the edge of the stove
- Remember never handle, boiling water



Preventing Falls and Cuts

Keep yourself and others in the kitchen by always:

- Placing knives, scissors and sharp objects safely away in drawers/containers
- Wipe up spills immediately and place out the 'wet floor' sign
- Store regularly used items at children's level
- Use sturdy household steps for high hard to reach places – never a chair
- Throw away chipped and cracked glasses and crockery
- Walk and never rush
- Remember never fool around with knives

Let's Cook

Every cooking class you will need to:

- Wear correct school shoes
- Check hair is out of face
- Wash hands
- Put apron on
- Watch the cooking demonstration
- Walk at all times
- Clean up spills immediately
- Always talk quietly
- Know where the fire extinguisher and the fire blanket are
- Always return equipment to its correct place
- Work as a team
- Collect all the ingredients
- Collect all the equipment
- Clean as you go
- Try everything you make
- Report any damaged equipment