



KITCHEN SAFETY

Common kitchen accidents fall mostly into one of five categories. The five categories are listed below, along with some information about each one.

1. Electric Shock

- in case of emergency, push one of the large red buttons at either end of the room to turn off electricity to the outlets in the cooking area
- electric currents can travel through liquids
- ensure that
 - all liquid spills are wiped up immediately
 - your hands are dry before plugging in or unplugging appliances
- unplug appliances at the base, not by pulling on the cord, which may cause a short in the wire
- do not touch anyone who is being shocked by an appliance as the current may also transfer to you

2. Poisoning

- there are no actual poisons in the foods room
- products that may be irritants include dish soap, dishwasher soap, laundry detergent, spray cleaners and creme cleansers
 - these products are not meant for consumption
- the teacher will add dishwasher detergent to the dish washers after class and start the dishwashers
- cleaning products are not stored near food to avoid accidental consumption and prevent transfer of odours



Toxic

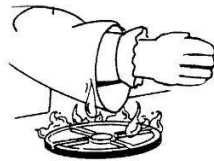
3. Fires

- many kitchen fires are grease fire
 - most burn out almost immediately
- fire requires oxygen to keep burning
- to put out a *small* grease fire by eliminating oxygen, do one of the following:
 - pour baking soda over the fire (not sugar, flour, baking powder or water)
 - cover the fire with a pot lid
 - use a fire extinguisher
- do not use water on a grease fire
 - grease and water do not like each other
 - grease will split when water is added, causing the fire to spread



4. Cuts

- store sharp knives in designated drawers
 - do not store other items in these drawers
- use a cutting board to protect surfaces and keep knife blades useable
- select a knife that is the appropriate size to the job
- to prevent accidental cuts, wash knives individually in the sink
- cut away from yourself
- ensure that knives do not get pushed over the edges of counters or work areas
- vegetable peelers and graters may also cause cuts



5. Burns

- use dry oven mitts and make sure your hands are dry when using oven mitts to prevent steam burns
- never put hands directly on elements
- oven mitts are always required when removing items from the oven and may be required removing items from the microwave
- tilt pot lids away from your face when checking or draining hot liquids

6. Falls

- store backpacks in a safe location
- wipe up liquid spills immediately
- flour is slippery and must be swept up immediately
- cooking spray is also slippery
 - spray over a garbage can or the sink to reduce overspray onto the floor
- if you are asked to clean up something, do so immediately without arguing

