Kitchen Safety Guidelines

To Prevent Burns

1. Use potholders or oven mitts when picking up or uncovering hot pots and pans.
2. When uncovering a pot or pan, lift up the far edge of the cover first so that the steam will flow away from you. Otherwise, it could burn your face and hands.
3. Use only pots and pans in good condition. A loose handle or warped bottom could cause an accident.
4. Keep pan handles turned toward the back or middle of the stove top. Otherwise, someone might bump into a handle, causing a spill, and possibly be burned by a hot liquid.
5. Keep flammable items, such as paper towels or paper recipes away from the stove.
6. Do not use plastic items near the stove except for those made of heatproof plastic such as plastic turners and spoons for nonstick pans.
7. Arrange oven racks properly before you start the oven.
8. Never store equipment, dishes, or leftover food in the oven. You may forget to remove the items before you turn the oven on.
9. Stand to the side when you open the oven door. The heat rushing from the oven could burn your face.
10. Do not reach into a hot oven. Pull out the rack first, using a potholder or an oven mitt.
11. Clean up spills and crumbs after the oven has cooled.
12. Be sure cook top and oven/broiler controls are turned off when not in use.
13. Keep a fire extinguisher handy, and be sure everyone knows how to use it.
14. When removing a lid from a pan, tilt the lid so that the steam goes away from you.
15. Always use a dry potholder (never a dishtowel) to pick up hot objects.
16. When turning meat in the frying pan, hold the lid in front of you as a shield against popping grease.
17. Do not fill a pan so full with water that it will boil over.
18. If you small gas, turn off all stove and oven controls and tell your teacher.
19. Use baking soda, not water, to put out a grease fire.
20. Carefully remove lids and plastic wrap from microwave dishes to avoid burns from the steam.
To Prevent Cuts

22. Use a drawer divider, knife block, or knife rack for storing sharp cutting tools.
23. Do not try to reach a falling knife – you might grab the blade instead of the handle.
   Step aside and let it fall.
24. Always choose the right kind of knife for the job.
25. When using scissors to snip food, hold the food so that your fingers are well away from the blades.
26. Do not soak knives or other sharp-edged utensils in a sink or dishpan with water in it.
   When you reach into the water, you could cut yourself.
27. Sweep up broken glass from the floor immediately with a broom and dustpan. If you need to pick up pieces by hand, use a wet paper towel instead of bare fingers.
28. Always use a cutting board when using a knife. Hold food and knife in such a way that you will not cut your finger if the knife slips.
29. Never use a knife as a can opener.
30. When loading the dishwasher, do not point knife blades upward. It is better not to put sharp knives in the dishwasher.
31. Use a vegetable peeler instead of a knife for peeling vegetables such as carrots and potatoes. Push peeler away from you.
32. When opening cans, cut the lid completely off. Do not fold over partially open lid.

To Prevent Electrical Shocks

33. Water and electricity don’t mix. Keep small electrical appliances away from water when you use them. Hands should be dry when using electrical appliances.
34. Avoid damage to electrical cords. Do not staple or nail, or disconnect by pulling on the cord.
35. Use outlets properly. Do not plug in too many cords into an outlet.
36. Use care with any plugged-in appliance. Never put your finger or a kitchen tool inside an appliance that is plugged in.
37. Do not try to use a damaged appliance or one that gives you a shock.
To Prevent Falls
38. Keep the floor clean and clear of clutter.
39. Wipe up spills, spatters, and peelings immediately so that no one will slip on them.
40. Eliminate other hazards, such as slippery throw rugs and replace damaged or worn flooring.
41. Do not wear untied shoes, floppy slippers, or long clothing that could cause you to trip.
42. To reach higher shelves, use a firm stepstool. If you use a chair or a box, you could fall and be injured.
43. Pets should not be allowed in the kitchen as they may cause you to trip or fall during cooking or clean up time.

To Prevent Poisoning
44. Never transfer a hazardous product to another container.
45. Never mix different chemical products.
46. With spray products, be sure you are pointing the spray nozzle where the product is intended to go.
47. Store hazardous chemical products away from food.
48. Avoid using hazardous chemicals unnecessarily.
49. Substitute simple, safe cleaners, such as lemon juice, vinegar, soap flakes, baking soda, washing soda, or borax for harsh chemical cleaners. You will save money, too.
50. Store leftover food in the refrigerator within two hours to prevent food poisoning.