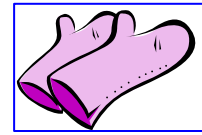


General Kitchen Safety

Burn Prevention, Fire Safety, General Safety Guidelines and Knife Safety



BURN PREVENTION

- Always use a pot holder when touching anything hot.
- Keep pot handles on burner turned away from edge of counter or cart, so they won't be knocked over.
- Use oven mitts when removing something from the oven, always pull the rack out first and then lift out the pan or dish.
- Open lids cautiously, away from the face to allow steam to escape safely.
- Use extra caution when working with any type of hot fat (oil, butter or grease) as it can sputter as it heats, easily causing burns.
- Only adults should handle hot items in elementary classrooms.



FIRE SAFETY

- Unplug all electrical equipment when not in use.
- Fires require 3 elements: fuel, flame and oxygen. If you eliminate one of the three then you can extinguish the fire. Smothering a fire is the easiest way to out a fire. Cover the pan with a lid, cookie sheet, or piece of foil, or smother with baking soda or other dry substance such as flour.
- NEVER put water on a grease fire. Adding water will cause the fire to spread and smoke. Smothering the flame is the best way to stop a grease fire from spreading.



GENERAL SAFETY

- Be familiar with the equipment you are using.
- Be sure the equipment is in good operating condition
- Don't rush, do your cooking demonstrations calmly and orderly. Allow plenty of time to complete your recipe.
- Keep hands dry when cooking, slippery hands may cause you to drop something.
- Clean up spills immediately to prevent slips and falls.
- Have a classroom procedure established in the event an accident occurs.
- Know where the school fire extinguishers are located.
- Don't pour cold water into a hot glass container.
- Avoid pouring grease down a sink, let it cool and dispose of with the trash.
- Avoid wearing loose clothing and tie back long hair when working near the burner or with kitchen appliances.
- Use wooden spoons to stir hot foods; metal ones can become quite hot.
- Students who cook must receive prior safety instruction and be under adult supervision AT ALL TIMES.