

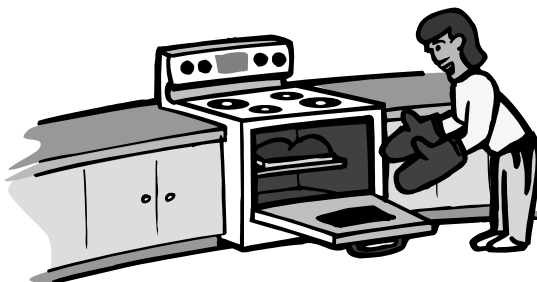
# KITCHEN SAFETY RULES

## PREVENTING ACCIDENTS



### PREVENT FALLS:

- BE SURE THAT YOU CAN SEE WHERE YOU ARE GOING.
- KEEP FLOORS DRY AND FREE OF GREASE.
- KEEP AISLES FREE OF OBSTRUCTIONS.
- KEEP ALL EQUIPMENT DRAWERS & DOORS CLOSED.
- PICK UP DROPPED ITEMS IMMEDIATELY.
- WIPE UP SPILLS IMMEDIATELY!
- USE A LADDER OR STURDY STEP STOOL TO REACH HIGH ITEMS - DON'T TRY TO STRETCH.
- BE CAREFUL GOING AROUND BLIND CORNERS.
- WARN PEOPLE WHEN YOU ARE PASSING BEHIND THEM.
- DO NOT **EVER** RUN IN THE KITCHEN!
- IF THERE ARE FLOOR MATS, KEEP THEM FLAT.

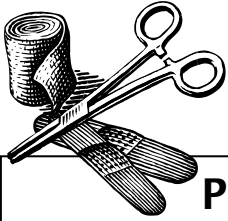


### PREVENT BURNS:

- USE ONLY THICK POT HOLDERS TO HANDLE HOT PANS & UTENSILS...
- LIFT COVERS OFF OF HOT PANS BY TILTING THEM AWAY FROM YOU.
- STAND TO ONE SIDE WHEN OPENING STEAMERS AND OVENS.
- KEEP HANDLES OF POTS AND PANS OUT OF AISLES - TURN INWARDS.
- PULL OUT THE RACK **PARTIALLY** BEFORE REACHING FOR ITEMS IN A HOT OVEN.
- DO NOT OVERFILL CONTAINERS WITH HOT FOOD OR LIQUIDS.
- GET HELP WHEN MOVING HEAVY HOT ITEMS.
- BE CAREFUL GOING AROUND BLIND CORNERS.
- WARN PEOPLE WHEN YOU ARE PLACING A HOT POT CLOSE TO THEM, PASSING BY WITH HOT ITEMS OR WHEN YOU ARE OPENING A HOT OVEN DOOR.
- AVOID DROPPING WET OR COLD FOODS INTO HOT FAT.
- SMOTHER FIRE W/BAKING SODA OR COVER WITH LID - NEVER THROW WATER ON A GREASE FIRE!
- WEARING MINIMAL CLOTHING WHILE WORKING WITH GREASE OR HIGH HEAT IS VERY RISKY!

# KITCHEN SAFETY RULES

## PREVENTING ACCIDENTS



### PREVENT CUTS:

- PICK UP BROKEN GLASS SLIVERS CAREFULLY W/A HEAVY, DAMP PAPER TOWEL, OR BRUSH INTO DUSTPAN WITH BRUSH - **NOT WITH YOUR HANDS!**
- DISPOSE OF BROKEN GLASSES AND DISHES PROPERLY AND CAUTIOUSLY. WRAP IN NEWSPAPER AND PLACE IN DOUBLE PLASTIC BAGS - TIE OFF BAG AND THROW AWAY.
- REPLACE ALL PIECES AND PARTS AFTER CLEANING A PIECE OF EQUIPMENT.
- USE ALL SAFETY DEVICES ON EACH PIECE OF EQUIPMENT.
- USE CAN OPENERS THAT ARE IN GOOD REPAIR. HANDLE EDGES ON OPENED CANS CAREFULLY.
- KEEP FINGERS AWAY FROM ALL MOVING PARTS OF EQUIPMENT.
- DISCARD ALL CHIPPED OR CRACKED DISHES.
- NEVER REACH INTO WATER TO REMOVE BROKEN GLASS.
- DO NOT PLACE HANDS TOO CLOSE TO CUTTING SURFACE WHEN GRATING.
- USE, CLEAN, & STORE KNIVES PROPERLY.
- USE KNIVES **ONLY** FOR CUTTING FOOD.



### PREVENT ELECTRICAL SHOCK

BE SURE THAT ELECTRICAL OUTLET IS GROUNDED BEFORE PLUGGING IN A CORD.

- REPLACE OR REPORT ALL DEFECTIVE, WORN OR FRAYED EQUIPMENT, CORDS OR PLUGS.
- AVOID WATER WHEN WORKING WITH ELECTRICITY. ONLY GROUNDED OUTLETS (GFCIs) SHOULD BE USED IN KITCHEN OUTLETS WITHIN 6 FEET OF WATER SOURCES.
- UNPLUG ELECTRICAL EQUIPMENT BEFORE CLEANING AND DRY COMPLETELY BEFORE PLUGGING BACK IN.
- GRASP AND PULL THE PLUG AT THE OUTLET WHEN DISCONNECTING A CORD.
- WEAR RUBBER-SOLED SHOES TO PREVENT SHOCKS.



# KITCHEN SAFETY RULES

## KNIFE & TOOL SAFETY

### KNIVES

- KEEP YOUR KNIVES SHARP! HONE AFTER EACH USE AND SHARPEN ONCE OR TWICE A YEAR, DEPENDING UPON USE.
- NEVER LEAVE KNIVES "SOAKING" - CLEAN AND DRY THEM IMMEDIATELY AFTER USE, THEN PUT AWAY.
- KEEP KNIVES IN SHEATHS OR KNIFE BLOCKS, NOT RATTLING AROUND IN A DRAWER.
- BE SURE TO USE THE RIGHT KNIFE FOR THE JOB (SEE KNIFE USE HANDOUT)
- WHEN WALKING WITH A KNIFE, CARRY IT BLADE-DOWN, ARM DOWN AT YOUR SIDE. WHEN GIVING A KNIFE TO SOMEONE, PLACE IT ON THE TABLE OR COUNTER NEAR THEM - DO NOT HAND IT TO THEM!
- DO NOT WAVE KNIVES AROUND OR USE THEM FOR ANYTHING OTHER THAN CUTTING FOOD!
- **NO FLIP-FLOPS, SANDALS OR OPEN-TOED SHOES!** WEAR STURDY SHOES WHEN USING KNIVES -- LIFE IS A LITTLE EASIER WITH ALL OF YOUR TOES INTACT.



### OTHER KITCHEN TOOLS

- BLENDER AND FOOD PROCESSOR BLADES ARE RAZOR SHARP - WASH, STORE AND HANDLE THEM AS CAREFULLY AS YOU WOULD KNIVES.
- USE KITCHEN TOOLS AND APPLIANCES FOR THEIR INTENDED USE ONLY AND USE SAFETY FEATURES
- KEEP ALL KITCHEN APPLIANCES AWAY FROM THE STOVE AND UNPLUG DURING ELECTRICAL STORMS.
- UNPLUG APPLIANCES BEFORE TRYING TO REMOVE STUCK FOOD
- REPLACE ANY LOOSE, CHIPPED OR OTHERWISE BROKEN POTS AND PANS AND COOKING OR SERVING UTENSILS



# ☆ KITCHEN SAFETY RULES ☆

## KITCHEN FIRE PREVENTION AND SAFETY



### WHEN DO FIRES OCCUR?

- WHEN THERE IS SOMETHING THAT WILL BURN
- WHEN THERE IS SUFFICIENT HEAT
- WHEN O<sub>2</sub> IS PRESENT (FIRES NEED OXYGEN TO BURN)

### WHAT ARE THREE TYPES OF FIRES?

- ⊙ **FLAMMABLE** - PAPER, WOOD OR CLOTH
- ⊙ **COMBUSTIBLE** - GREASE, CLEANING FLUIDS (**GREASE IS #1 KITCHEN FIRE!**)
- ⊙ **ELECTRICAL** - SHORTS, OVERLOADED CIRCUITS, FRAYED WIRING, ETC

### HOW DO I PUT FIRES OUT IF THEY DO OCCUR? FIRES NEED OXYGEN TO LIVE, SO:

- **CAREFULLY COVERING A PAN THAT'S ON FIRE WITH A TIGHT FITTING LID IS OFTEN THE EASIEST SOLUTION.**
- IF THERE IS A FIRE IN THE OVEN, TURN OFF THE OVEN AND LET THE FLAMES DIE DOWN BEFORE OPENING THE DOOR. **CAREFULLY COVER BURNERS WITH INVERTED PANS AND OPEN WINDOWS IF POSSIBLE TO HELP DISSIPATE ANY SMOKE. WHEN FLAMES HAVE BURNED OUT, OPEN THE OVEN DOOR AND REMOVE BURNED ITEM CAREFULLY. IF STILL GLOWING OR SMOKY, DO NOT MOVE IT; LEAVE IN OVEN UNTIL TOTALLY BURNED OUT. DO NOT POUR WATER INTO A BURNING OR VERY HOT PAN -- YOU WILL GET SPLATTERED WITH VERY HOT MATERIALS!**
- YOU COULD ALSO DOUSE FLAMES WITH BAKING SODA OR SALT, OR USE THE PROPER FIRE EXTINGUISHER TO PUT OUT EITHER COMBUSTIBLE (GREASE, GAS, CLEANING FLUIDS) OR ELECTRICAL FIRES AT THE BASE. (SEE EXTINGUISHER INSTRUCTION SHEET)
- **UNDER NO CIRCUMSTANCES SHOULD YOU ATTEMPT TO EXTINGUISH A GREASE, CHEMICAL OR ELECTRICAL FIRE WITH WATER!!!!!!!!!!!!!!!!!!!!!!**
- FIRES OF FLAMMABLE MATERIALS PAPER, WOOD OR CLOTH CAN BE DOUSED WITH WATER.



### WHAT CAN I DO TO PREVENT FIRES IN THE KITCHEN?

- KEEP AN EYE ON YOUR STOVETOP COOKING - **NEVER LEAVE YOUR COOKING UNATTENDED**; STAY IN THE KITCHEN IN FULL VIEW OF THE STOVE! THE WORST KITCHEN FIRES START WHEN COOKING IS LEFT UNWATCHED; IT ONLY TAKES ABOUT 3 MINUTES FOR A SMALL PAN GREASE FIRE TO FULLY ENGULF EVERYTHING AROUND IT IN FLAMES AND START SPREADING THROUGH YOUR HOME!
- BE SURE TO USE AND LISTEN FOR TIMERS WHEN BAKING AND ALWAYS CHECK YOUR FOOD AT THE EARLIEST END OF THE COOK TIME RANGE GIVEN IN THE RECIPE. **TURN OVENS AND STOVETOP BURNERS OFF AS SOON AS YOU ARE FINISHED COOKING!!!**
- BE CAREFUL WHEN COOKING WITH OIL ON THE STOVETOP; KEEP IT IN THE PAN - DON'T SPLASH IT AROUND AND OVER THE EDGES OF YOUR PAN...DO NOT TURN A BURNER ON A PAN WITH OIL OR BUTTER IN IT AND LEAVE IT BECAUSE YOU ARE NOT READY TO START COOKING. IF YOU WANT TO PRE-HEAT YOUR PAN, DO SO WITHOUT ANY OIL OR FAT IN IT, OVER MEDIUM/LOW HEAT FOR ABOUT A MINUTE BEFORE CAREFULLY ADDING YOUR COOKING FAT OF CHOICE!
- BE SURE THAT YOUR PAN IS BIG ENOUGH TO ACCOMMODATE WHAT YOU ARE COOKING AND THAT YOU HAVE THE CORRECT BURNER SIZE FOR THE PAN! LARGE PANS ON LARGE BURNERS/SMALL PANS ON SMALL BURNERS...
- BE CAREFUL THAT YOUR POTHOLDERS ARE NOT TOUCHING FLAMES OR ELECTRIC COOKING ELEMENTS. KEEP THEM - AND ALL OTHER FLAMMABLES - AWAY FROM THE STOVETOP!
- DO NOT COOK WHILE WEARING LONG FLOWING CLOTHING AND IF YOU HAVE LONG SLEEVES, ROLL THEM UP TO YOUR ELBOW SNUGLY

**A**



Common  
Combustibles

Wood, paper,  
cloth etc.

**B**



Flammable liquids  
and gases

Gasoline, propane  
and solvents

**C**



Live electrical  
equipment

Computers, fax  
machines

**D**



Combustible  
metals

Magnesium, lithium,  
titanium

**K**



Cooking  
media

Cooking oils  
and fats

# OPERATING YOUR EXTINGUISHER



**P**ULL THE PIN



**A**IM AT THE BASE  
OF THE FIRE



**S**QUEEZE THE LEVER



**S**WEEP FROM SIDE  
TO SIDE

## IN ADDITION

- TEST EXTINGUISHER PRIOR TO APPROACHING FIRE.
- KEEP LOW & APPROACH WITH WIND AT YOUR BACK.
- BACK AWAY, WATCHING FOR REKINDLE.