

KITCHEN SAFETY



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Kitchen safety

Learning to cook safely to avoid cuts, burns or foodborne illness is an important part of any cooking lesson. Kitchen safety includes the safe handling of food and the proper use of equipment, such as knives and electrical appliances.

Take extra time during the first YTC session to review the following safety tips and briefly review them at the beginning of each lesson.

Find out where the telephone, exits, fire extinguisher and first aid kit are located in the building where you will be cooking.

Using knives safely

Youth should always be supervised by an adult when using knives. Remind them to use the correct knife for the job: a small paring knife for vegetables and fruits and larger knives to cut tortillas or pitas. Serrated knives can be more stable when cutting, but straight-edged knives cut through quickly and may cause more injuries.

Avoid cuts

- Use sharp knives, vegetable peelers and graters with care. Do not rush.
- Use the right knife for the job and cut on a proper surface (i.e. not on a plate).
- When chopping, mincing and dicing, keep the tip to the knife blade on, or as close to the cutting board as possible.
- If you need to leave what you are doing or stop cutting, place the knife at the top of the cutting board, blade facing away from you. Do not leave knife handles hanging over counters.
- If a knife falls, do not try to catch it. Step back and let it fall.
- Put dirty knives beside the sink and wash them one by one. Do not put them into dishwater because you may cut yourself while reaching into the soapy water.
- Do not put your hand inside a blender. The blades are very sharp.
- Sweep up large pieces of broken glass into a dustpan, pick up smaller pieces with a wet paper towel.

Avoid burns and fires

- Keep paper towels, and dish towels away from the range top so they do not catch on fire.
- Point the handle of a frying pan or pot inwards, not out (it could catch on your clothes).
- Turn off the stove/range and oven after using it.
- Use oven mitts to lift food in and out of the oven.
- Never use oven mitts or pot holders if they are wet.
- Do not leave a pot on the stove/range unattended.
- Avoid hot steam coming from boiling water. Always lift the lid away from you and never reach over hot steam.
- When walking past people carrying a hot item yell, "hot coming through".
- Wear an apron to keep clothing close to your body and away from heat sources.
- Never put water on a grease fire as this can make the grease splash. If possible, turn off the heat and cover the pot/pan with a metal lid. Use a fire extinguisher and call 9-1-1 if needed.

Kitchen safety

Avoid shocks

- Keep electrical appliances away from water or wet hands to avoid shocks.
- Hold the plug (never the cord) to unplug an appliance.
- Be sure an appliance is turned off before plugging it in.

Avoid slips

- Pick up dropped food and discard of it. Wipe up spills immediately.
- Always walk; never run in the kitchen.

Avoid bacteria and foodborne illness

- Clean and sanitize cooking utensils, equipment and surfaces after cooking. Refer to food safety section for more information.
- Do not put food on an unwashed plate or cutting board that held raw food. Always use a clean plate and clean utensils.
- Do not taste or sample food while you are cooking. Wait until the end when everyone is ready to eat.
- Do not taste foods twice with the same spoon. Wash it properly or use another one.

