

Kitchen Safety

Kitchen safety must be practiced for the protection of all students. These rules are to prevent accidents from cuts, falls, burns, or shocks. Sanitation rules are necessary to prevent the spread of germs and bacteria.

1. Report all accidents to the teacher immediately.
2. Loose or bulky clothing will not be permitted while cooking. A clean apron must be worn; hair tied back & no open shoes.
3. Wash your hands before cooking. See Hand washing Guide for complete instructions.
4. Don't lick the bowl, spoon, or your fingers. All ingredients especially raw must not be eaten prior to preparing the recipe.
5. Measure ingredients accurately.
6. Keep the counter surface next to the range clean & cleared off.
7. All pans must contain food before placing the pan on the burner. Only then is it safe to turn on the burner. Pan handles must be turned to the side of the burner.
8. Use dry, clean, thick, oven mitts when handling hot object; don't use towels, aprons or paper products. Use an oven mitt when removing food from the microwave.
9. Open pan lid away from you to prevent a steam burn.
10. Never leave your kitchen unattended while cooking.
11. Set the timer for the least amount of time recommended in the recipe.
12. Use a wooden spoon to stir hot mixtures.
13. Always use an oven mitt, pull the oven door all the way down, & pull the rack out when placing a pan in the oven or taking it out.
14. When using a knife cut away from yourself and use a clean cutting surface.
15. Dishes must be washed in hot soapy water. Knives & other sharp utensils need to be washed separately.
16. Keep a fire extinguisher in the kitchen & know how to use it. (PASS method)
17. Never place water on a grease fire. Smother it with a pan lid or baking soda.
18. Dry hand before touching electrical appliances or power cords.
19. Grasp the plug rather than the cord when removing the plug from the outlet. Hold the plug firmly & pull gently
20. When using a blender, be sure it's unplugged & off when adding ingredients. Secure the lid before plugging it in & turning it on. Always unplug the blender when not in use.
21. Keep electrical cords out of the water & from hanging off the counter.
22. Don't plug in too many appliances into one outlet.
23. Don't climb to reach an item. Use a sturdy step stool or ladder.
24. Keep kitchen doors and drawers closed.
25. Wipe up spills from the counter or floor immediately with a paper towel.

26. Caution must be used when clean up glass. Tiny slivers of glass can be wiped up with a damp folded paper towel. Broken glass must be placed in a brown bag to avoid further injury
27. Keep cold foods cold, refrigerated (below 40°), hot foods hot (above 140°). Don't leave food at room temperature for more than two hours.
28. To avoid attracting pests keep the kitchen as clean as possible.
29. Wash the lid of cans before opening. Never use a can that is dented, bulging leaking or out of date.