



**RESPONDING TO  
KITCHEN**

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**EMERGENCIES AND  
ACCIDENTS**

There are 6 major areas of concern with respect to safety:

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- Fires & Burns
- Electric
- Shock Falls
- Cuts Choking
- Poisoning

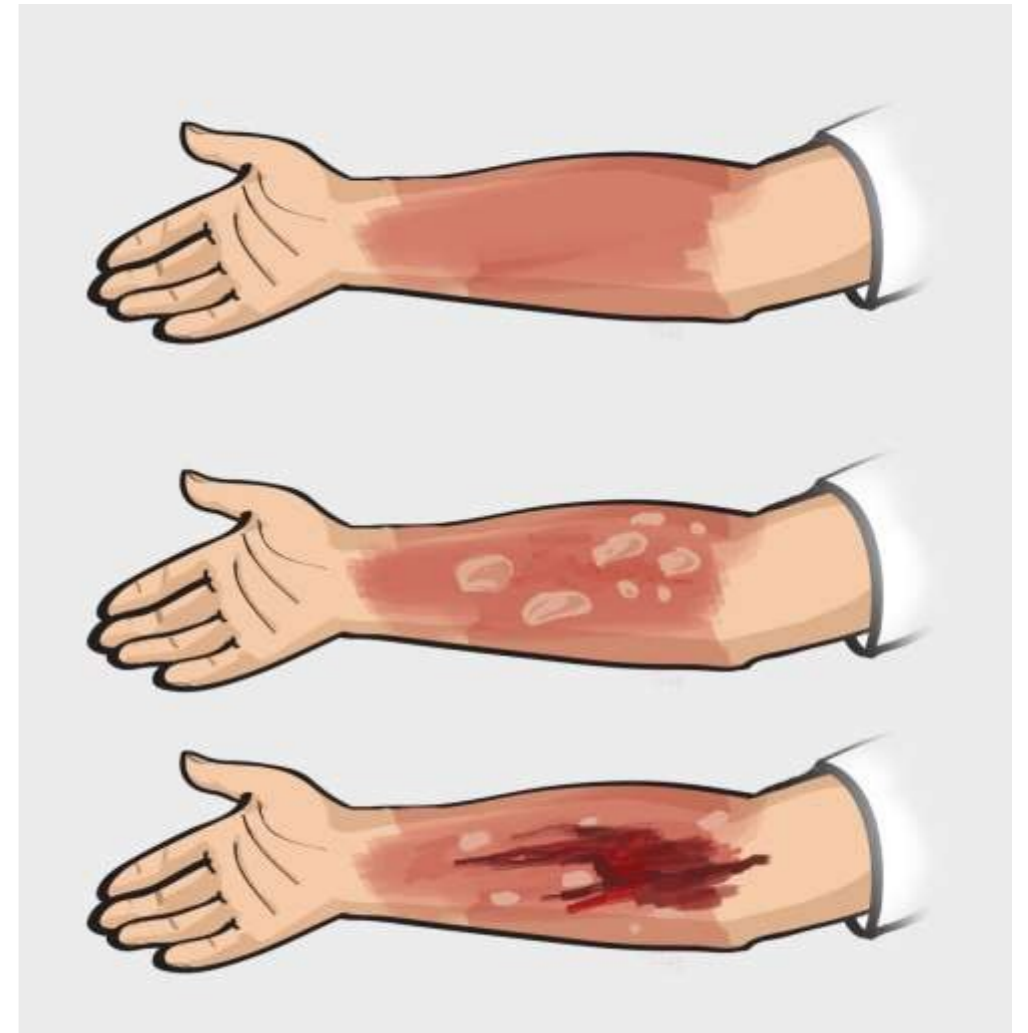


# Fires & Burns

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## Causes:

- Hot burners on the stovetop
- Oven
- Hot dishes
- Scalding from steam & boiling liquid



# Precautions

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- Use pot holders
- Turn pan handles toward the center of the stove
- Turn stove & oven off when done
- Keep small children away from stove



# First Aid

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- Cool as quickly as possible under running water
- Cover with a dry bandage
- Don't break blisters
- Call doctor if burn is extreme

**First Aid for BURNS**

**1 Cool with running water**

Cool burned area with cool running water for up to 20 minutes, or until pain is less severe. Take off any jewelry and clothing that could be in the way. Do not attempt to peel any clothing that is stuck to the wound as this could cause the skin to tear. If running water is not available, use a damp cloth, wet towel, sponge or immerse in water. May drink analgesics for pain.

Minor burns with only redness and no blisters, can be treated with topical burn ointment or spray.

⚠️ Do not use ice or ice water, which can cause tissue damage.  
Do not apply butter, oil, toothpaste, lotion, or treatment on a burn, because infection may occur and complicate the injury.

**2 Cover the burn**

Cover the burn with sterile material to protect from infection. Use a clean, dry dressing or plastic cling film wrap to cover the burn.

⚠️ Do not use adhesive or fluffy dressings.  
Do not break blisters or remove peeled skin.

**3 Call emergency assistant**

For deep or extensive burns of any size, send the patient immediately to the hospital for further medical treatment.

# Electric Shock

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## Causes:

- Worn cords on appliances
- Ungrounded outlets
- Water in contact with appliances



# Precautions

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- Replace worn cords
- Disconnect small appliance when not in use
- Disconnect appliance if it falls in the water
- Use outlet covers



# First Aid

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- Call 911
- Disconnect the power source if possible Remove the injured person from the power source
- Administer CPR





# Falls

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## Causes:

- Clutter & spills on the floor
- Climbing on chairs & counter tops
- Loose clothing (i.e. shoe laces)



# Precautions

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- Keep floors clear
- Wipe up spills immediately
- Use a step stool to reach high places
- Wear fitted clothing, take off loose jewelry



# First Aid

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- Signs of concussion: headache, confusion, nausea, loss of consciousness, changes in vision & hearing → Call the Doctor
- Signs of fracture: deformity, point tenderness, bruising, swelling, inability to move hand or foot → Call the Doctor



# Cuts

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## Causes:

- Knives
- Broken glass
- Sharp cooking utensils



# Precautions

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- Keep knives sharp
- Wash separately
- Store appropriately
- Pick up broken glass with a paper towel
- Pay attention when reaching in drawers



# First Aid

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- Wash gently & thoroughly
- Apply antiseptic ointment
- Wrap with a bandage or gauze



# Choking

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## Causes:

- Not chewing food thoroughly



Universal sign  
of choking

# Precautions

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- Chew food thoroughly
- Cut into very small pieces for small children
- Don't talk too much when eating



# First Aid

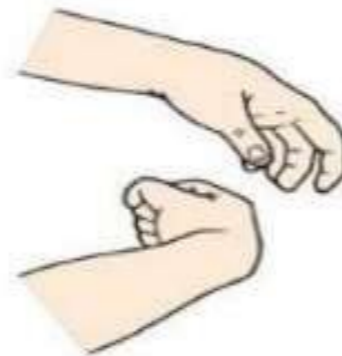
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- If they can make a noise leave them alone
- If no air exchange: Do the Heimlich Maneuver
- Call 911

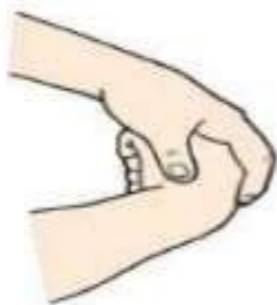
## HEIMLICH MANEUVER



1. Lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



4. Make a quick, hard movement inward and upward.

Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand



# Poisoning

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## Causes:

- Cleaning agents & kitchen chemicals



# Precautions

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- Keep out of the reach of children
- Use safety locks on cabinet drawers
- Don't mix kitchen chemicals



# First Aid

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- Call poison control and tell them what the substance was that was inhaled or ingested.
- Follow their instructions



# WHAT WOULD YOU DO IF...

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- You or someone got a burn?

# WHAT WOULD YOU DO IF...

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- Someone got electrocuted?

# WHAT WOULD YOU DO IF..

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- You saw someone fall?

# WHAT WOULD YOU DO IF...

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- You or someone got a cut?



# WHAT WOULD YOU DO IF...

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- You or someone was choking?

# WHAT WOULD YOU DO IF...

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- You or someone ingested a chemical?