

# KITCHEN SAFETY



Be SAFE!!!



# Kitchen Safety Tips for



Preventing  
Burns/Fires



Preventing  
Falls



Preventing  
Cuts



Preventing  
choking



Preventing  
Electric Shock

# Preventing Burns/Fires

## Tips

- Keep hair tied back
- Always use oven mitts
- Turn panhandles inward
- Tilt pot lid away from face to prevent burns from steam
- Keep towels and other materials away from heating elements
- Clean grease and bits of food off oven

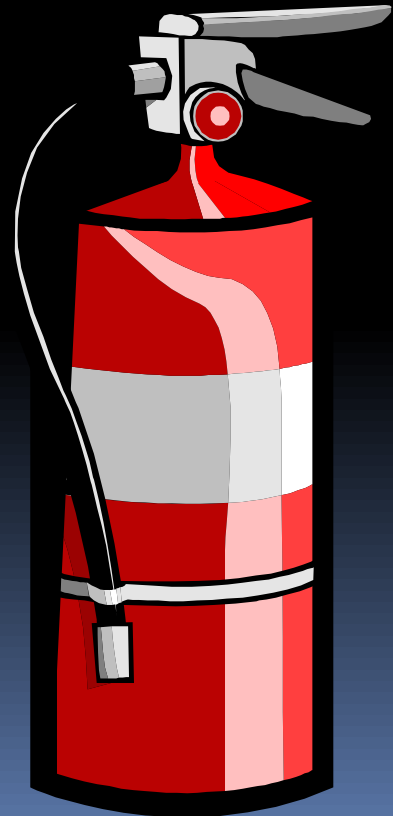
## Treating Minor burns

- Run under cool water
- Apply lotion, moisturizer or burn crème
- Cover loosely with clean gauze



# Preventing Fires/Burns

- Extinguish fires with:
  - Fire Extinguisher by following the PASS steps
    - Pull Pin
    - Aim at Base of Fire
    - Spray fire while using a
    - Sweeping motion
  - Smother fires with Salt, baking Soda or wet towel
  - Never put water on a Grease Fire
  - Don't Panic!!!



# Preventing Falls

- **Tips**

- Clean up Spills immediately
- Keep floor clear of clutter
- Make sure rugs are secure
- Make sure shoes fit and all laces are tied

- **Treating Falls**

- Leave person on floor if anything seems to be broken
- Alert an adult



# Preventing Cuts

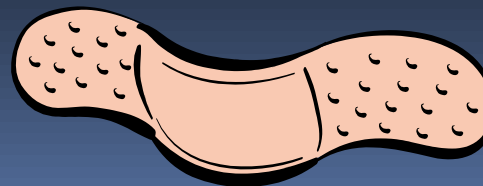


## Tips

- Keep Knives sharp
- Always hold knives by the handle
- Wash knives separately
- Don't try to catch a falling knife
- Keep fingers away from rough surfaces, slicing edges and rotating beaters
- Sweep up glass immediately with broom and dustpan

## Treatment for cuts

- Clean cuts by running under warm water
  - Apply pressure if bleeding is heavy
- Apply antibacterial crème or spray
- Bandage with clean gauze or band-aid



# Preventing choking

## Tips

- Chew with your mouth closed
- Don't talk and laugh with your mouth full
- Don't play with your mouth food
- Chew your food thoroughly before swallowing

## treatment

- Apply Heimlich maneuver
- Alert adult



# Preventing Shock

## Tips

- No aluminum foil or any metal in the microwave
- Don't plug in several appliances at once
- Always unplug appliances after use
- Make sure hands are dry when dealing with electric appliances
- Keep all electrical appliances and cords away from water

## Treatment

- Unplug appliance
- Do not touch appliance or person
- Notify adult





# Other ways to be safe in the kitchen!

- Keep chemicals away from foods and food preparation areas
- Store foods properly
- Cook foods thoroughly
- Always wash your hands
- Store heavy items on bottom shelves

