



# **RESPONDING TO KITCHEN EMERGENCIES AND ACCIDENTS**

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

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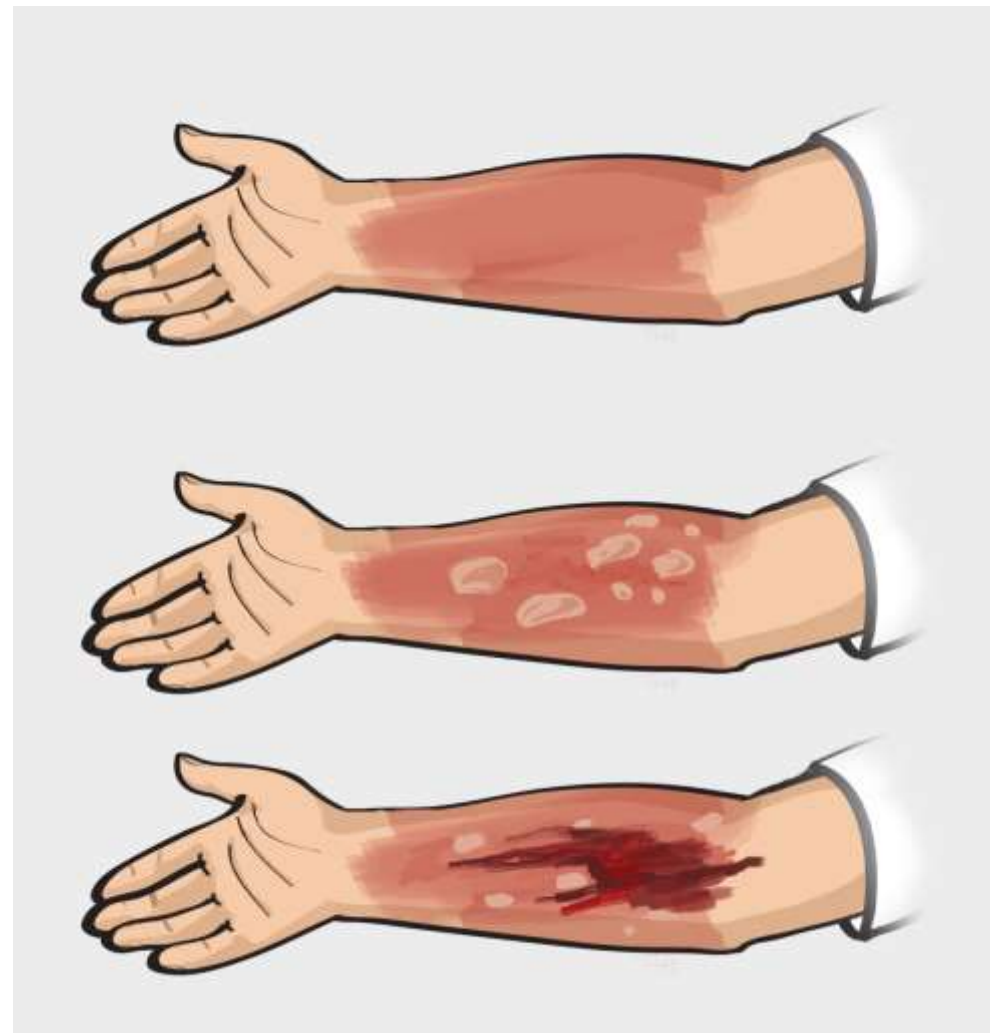
# Fires & Burns

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## Causes:

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

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# 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
- DO NOT USE OINTMENTS, SALVE, B  
OR ICE



# 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



# First Aid

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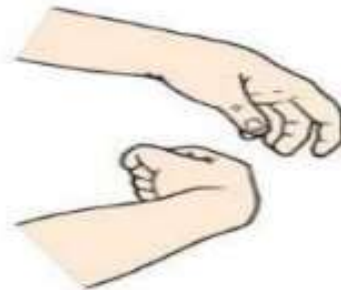
If they can make a noise leave them alone If no air exchange:

Do the Heimlich Maneuver Call 911

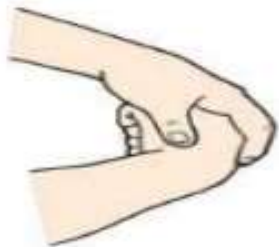
## HEIMLICH MANEUVER



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



ADAM.

# 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?