

Name: _____

Period: _____

Kitchen Safety Notes

Sanitation:

1. Wash hands, tie back long hair and put on apron
2. Cover cuts with Band-Aids and plastic gloves
3. Don't cross contaminate with cutting boards and knives. Use separate boards and knives or wash after each use with hot soapy water.
4. Wash foods before using. Use vegetable brush.
5. Proper dish washing- use hot water, soap, dish cloth, dish towel and drainer.

Fire:

1. When cooking especially with oil, watch pots and pans. Don't leave unattended.
2. If grease or oil catches on fire don't use water to put out fire.
3. Turn off burner. Cover with a lid to smother fire. If that doesn't work, use baking soda or salt to smother fire. Last option is fire extinguisher.
4. Boil-over- turn off burner and pull pot from burner to center of stove. If covered lift lid away from you. When burner is cool wipe burner and stove top.
5. Avoid wearing loose clothing when cooking.

Scalds/Burns:

1. Use proper size pan for burner size and food quantity. Be sure all handles are not hanging over edge of stove.
2. Use pot holders and two hands to transport pots to sink for draining. Drain hot water into colander or sieve placed in the sink. Drain fat into a separate bowl.
3. Use proper cooking tools- tongs vs. fork
4. First aid treatment for a burn is to immerse the area in cold water or apply a wet cold pack.

Cuts:

1. When using a can opener, cut all around the lid and remove. Do not keep lid attached to drain. Place lid in can and crush side. Place in trash.
2. Wash sharp knives last. Keep on side of sink until ready to wash, do not immerse. Hold blade up and away from you as you wash and dry it. Place in knife block.
3. Don't catch a falling knife.

Falls:

1. Use a step-stool to reach high places.

2. Wipe up spills immediately with a paper towel, not a cloth towel.
3. Close drawers and cupboards.
4. Spray PAM over sink

Electric Shock:

1. Keep cords away from water.
2. Pull the plug end to unplug after use and if jammed.

Glass breakage:

1. Do not use bare hands to pick up broken glass.
2. Use rubber gloves and broom and dust pan to pick up large and small pieces.
3. Place in paper bag, close top and place in trash can.
4. Use wet paper towel to pick up microscopic pieces.

Dish Washing:

Follow this procedure for washing dishes:

1. Place dish drainer on counter so that the excess water will run into the sink.
2. Place the drain stopper into the sink and press down to seal. Fill the sink with **hot water** and add a **drop of dish washing soap** to the water and mix with your hand. Adding a lot of soap is a waste.
3. Using a washcloth (the small square cloth) wash dishes in the following order:
 - a. Glasses
 - b. Plates and bowls
 - c. Flatware and silverware (this may be added to the water after glasses to soak)
 - d. Cooking utensils
 - e. Pots and Pans
4. Rinse all clean dishes with **hot water** to remove soap residue.
5. Place dishes in the dish drainer ***upside down***.
6. Dry dishes using a clean, dry dish towel (large rectangular cloth).