

# Safety in the Kitchen

## OBJECTIVES

- Discover . . .
- how to identify safety hazards in the kitchen.
- how to prevent kitchen accidents.

Accidents don't "just happen." They are caused by not knowing the safe way to work.

You can reduce the chance of accidents. Learn about hazards and practice safe work habits. Keep the kitchen clean. Also be sure to keep appliances and equipment in good working condition and use them correctly.

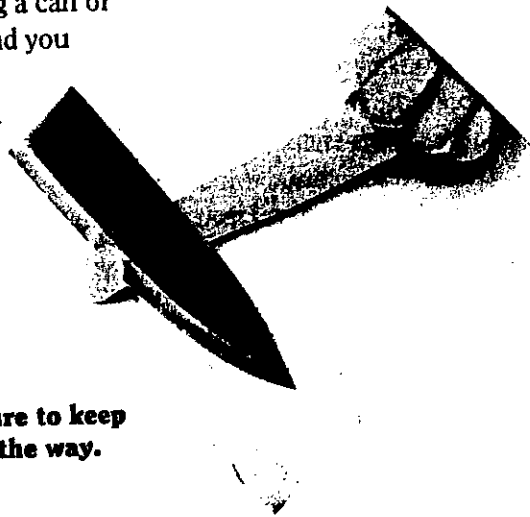
What are the most common accidents in the kitchen? They include cuts, falls, electrical shock, burns, and poisoning. This chapter shows what you can do to help prevent these accidents.

## Preventing Cuts

Many cuts happen in the kitchen. Here are some ways to avoid them.

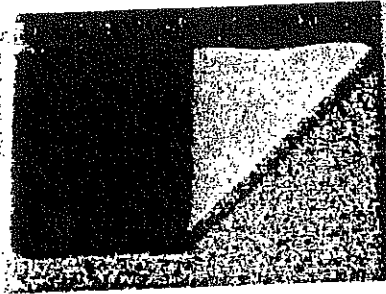
- ◆ When you use a knife, cut away from your body, not toward yourself. If the knife slips, you will cut yourself. Do not cut toward other people. Do not point a knife or other sharp instruments toward others, even in fun. You could injure them.
- ◆ Use a knife only for cutting food. Don't use it for opening a can or tightening a screw on a handle. The knife could break and you could injure yourself.
- ◆ Wash knives separately from dishes. If you let them soak in soapy water, you can't see them and could cut yourself.
- ◆ To open cans, use a can opener that makes a smooth cut, not a jagged edge. Cut off the can top completely and throw it in the trash.
- ◆ Sweep up broken glass with a broom or a brush. Never pick it up with your bare fingers. To pick up tiny pieces, use a wet paper towel.

**When cutting, be sure to keep your fingers out of the way.**



## Preventing Falls

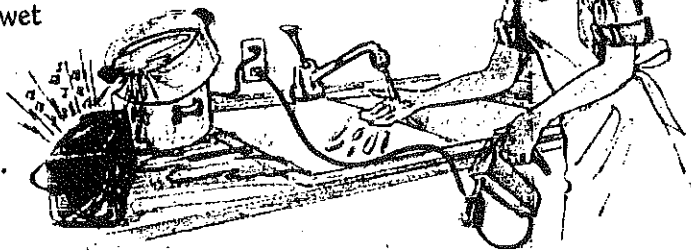
- ◆ Spills cause falls. If you spill something on the floor, wipe it up right away.
- ◆ Use a ladder or stepstool to reach high shelves. A chair or box can tip over easily.
- ◆ If you have a rug in the kitchen, be sure it has a nonskid back. This keeps it from sliding easily.
- ◆ If the floor is wet, do not walk on it. Wait until it is dry.



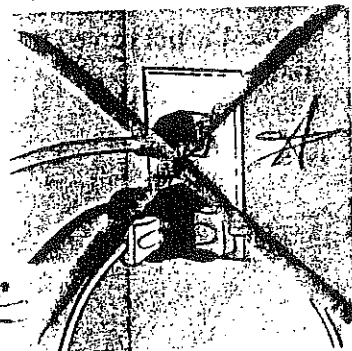
## Using Electricity Wisely

Many kitchen appliances run on electricity. Electricity, used wisely, can save time and work. If you misuse it, it can give you a severe shock or burn or even kill you. Remember, water and electricity do not mix.

- ◆ Never use an electrical appliance if your hands are wet or if you are standing on a wet floor.
- ◆ Keep electrical cords away from the sink and range.
- ◆ Keep appliances in good condition. Never use an appliance with a damaged cord. It could cause a shock or start a fire.
- ◆ Hold the plug, not the cord, when you disconnect an appliance. If you tug on the cord, you may damage it.
- ◆ Don't run electrical cords under a rug. They could get damaged.
- ◆ If you cannot get food out of an appliance, such as a toaster, disconnect it. Try turning the appliance upside down. If the food doesn't shake loose, take the appliance to a repair person. Never insert a fork or other object into the appliance. You could get a shock. Even if the appliance is disconnected, you could damage it.
- ◆ Don't plug too many appliances into one outlet. You could get a shock or start a fire.



**Water and electricity do not mix!**



**Why is this "electrical octopus" dangerous?**

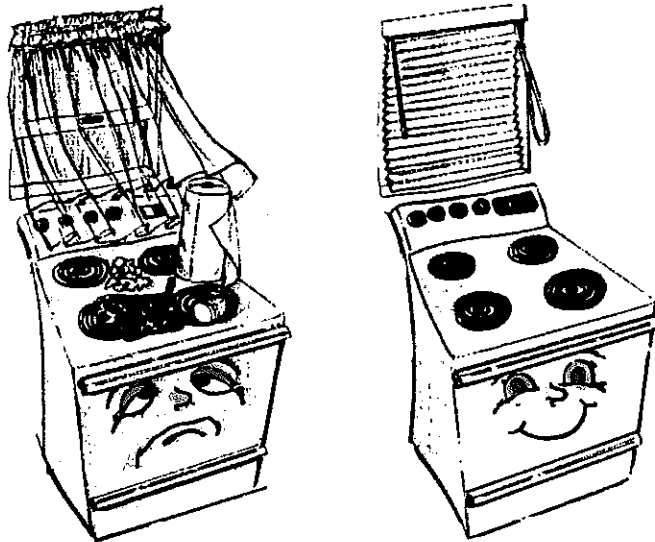
## Preventing Burns and Fires



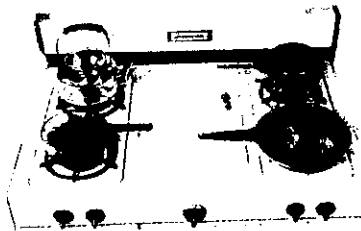
Make sure your apron is tied. Tie back long hair. Hair will burn if it touches a flame or hot electric coil.

Burns in the kitchen can come from many sources. Hot food, hot equipment, and steam are the most common. Fires can also start quickly in a kitchen. Here are some ways to prevent burns and fires.

- ◆ Wear close-fitting clothes. Roll up long sleeves when you cook.



- ◆ Keep *flammable* materials (those that burn easily) away from the range. This includes kitchen curtains, towels, paper, potholders, and plastic items. Some plastics burn very fast and give off thick, black smoke and poisonous gases.

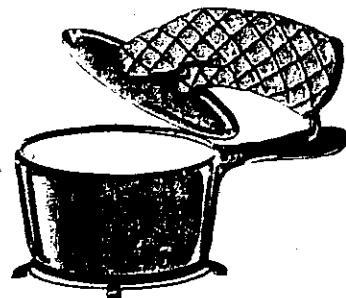


- ◆ Turn the handles of pans toward the center of the range. If handles are turned outward, someone may bump against them and knock the hot pan off the range.

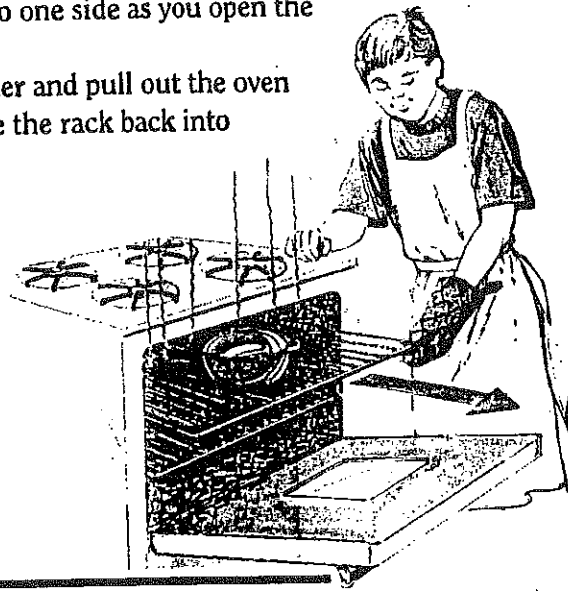
- ◆ Always use a potholder to handle hot pans. Be sure the potholder is dry. A damp potholder on a hot pan can cause a steam burn.

- ◆ When you lift the cover from a hot pan, tilt the cover at an angle so the opening is away from you. Uncover the back of the pan first. The steam will flow away from you and cannot burn you.

- ◆ Wait until the range cools before you try to clean it.



- ◆ Use the oven safely. When you open a hot oven, stand to one side as you open the door.
- ◆ To put pans in the oven or remove them, use a potholder and pull out the oven rack. Put the pan on the rack or remove it. Gently slide the rack back into the oven.
- ◆ Aerosol sprays may be flammable. They can also explode if heated. Keep the cans and the spray away from heat sources, such as flames or radiators.
- ◆ Learn how to use a fire extinguisher. Every kitchen, at school or at home, should have one.



## Grease Fires

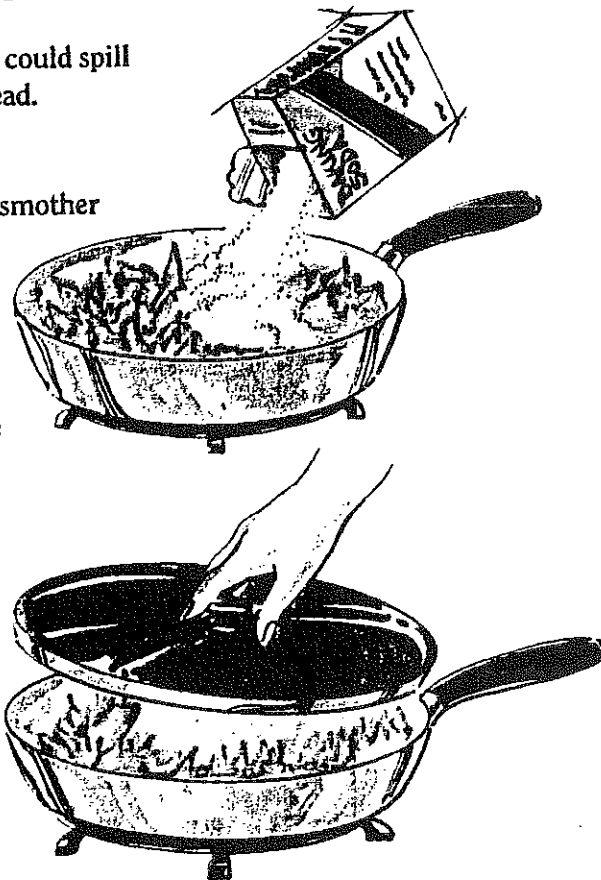
Fats and oils are very flammable. Keep equipment clean so grease doesn't build up. Watch cooking foods carefully. You must react quickly and correctly to stop a grease fire.

### DON'T . . .

- ◆ Never pour water on a grease fire. It will cause the grease to spatter and burn you.
- ◆ Don't try to carry the burning pan to the sink. You could spill burning grease on yourself or cause the fire to spread.

### DO . . .

- ◆ Turn off the heat immediately.
- ◆ Pour salt or baking soda over the flames. This will smother them.
- ◆ If salt or baking soda isn't nearby, put a cover on the pan. This will cut off the oxygen and smother the fire. You can also use a fire extinguisher.
- ◆ If the fire seems out of control, leave immediately. Alert others in the building to get out. Call the fire department.



**Use baking soda, salt, or a cover to smother grease fire flames.**

# Preventing Poisoning

Poisons can enter the body through . . .

- ◆ Drinking.
- ◆ Breathing.
- ◆ The skin.

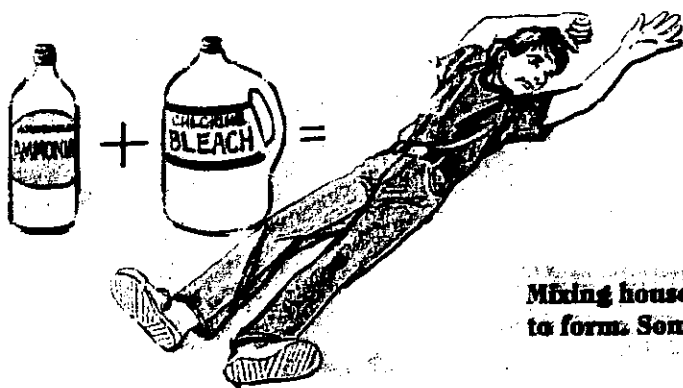
Many household chemicals are poisonous. These include some products used for cleaning, pest control, personal care, medicine, gardening, and arts and crafts. Be alert for dangerous chemicals. Many times you can accomplish the same task with safer products.



Choose household chemicals carefully. Are the directions easy to follow? Will you follow them?



Read labels carefully before using any household chemical.



Mixing household chemicals causes poisonous gases to form. Some gases are deadly.

- ◆ When you shop for household chemicals, read the label directions carefully before you buy. Will you follow the directions? If not, choose a safer product.
- ◆ Don't buy more than you need. Some chemicals change as they age and may become dangerous to use. Disposing of leftover hazardous household chemicals can be a problem.
- ◆ Follow label directions exactly. You may be told to wear rubber gloves or a mask to prevent skin contact.
- ◆ If directions call for a well-ventilated area, open windows and use a fan. Otherwise, harmful fumes may build up.
- ◆ Never mix household cleaners together. Mixtures may release poisonous gases that could cause illness or death.
- ◆ Spray containers can contain poisonous chemicals. Be sure to point the nozzle in the right direction when you spray. Never spray toward another person or inhale the spray yourself.
- ◆ It may be necessary to use a pesticide—a poison which kills insects and other pests. Follow the directions carefully. You may have to cover food, dishes, and cookware or move them to another room.

- ▶ Keep all household chemicals in their original containers. The labels give you information on use, storage, and what to do in case of an accident.
- ▶ Store chemicals carefully. Never store them in the same cabinet with food. The chemicals could spill into the food or someone could pick up the wrong container.
- ▶ If there are children in the household, buy products in childproof containers. Keep them in a locked cabinet.
- ▶ Get medical help immediately if someone is poisoned. Do you know the telephone number of the nearest poison control center? A *poison control center* has a staff specially trained to deal with poison emergencies. Be sure you know exactly what the poison is and about how much was taken or used. Have the container with you when you call.



**Store chemicals away from food to avoid contamination and poisoning.**

## Chapter 16 Review

### Check the Facts

1. Identify five common kitchen safety hazards.
2. Name two ways to prevent cuts.
3. What are two ways to prevent falls?
4. Name at least three general rules for using electrical appliances safely.
5. Describe how to safely remove pans from a hot oven.
6. What should you do in case of a grease fire?
7. Why is it important to read labels on household chemicals? Give at least three reasons.
8. Why is it harmful to mix household chemicals?
9. What is a poison control center?

### Ideas in Action

1. Develop a checklist for identifying kitchen hazards. Use your checklist at school and at home.
2. As a class, develop a list of ten safety rules to post in the foods lab. Make a poster for each lab unit.
3. In groups, select several common household chemicals used in the foods lab. Read the labels carefully. What warnings are given on the labels? Are first-aid instructions given? How could the labels be improved to make them more helpful to consumers?
4. Write a public service announcement concerning home safety for a local radio station. Focus on a specific safety topic.

Name \_\_\_\_\_ Date \_\_\_\_\_ Class Hour \_\_\_\_\_

# CHAPTER 16 Safety in the Kitchen

Text Pages 108-113

## Study Guide

Completion: In the space to the left, write the word or words that BEST complete(s) each statement.

- \_\_\_\_\_ 1. Cut \_\_\_?\_\_\_ your body when using a knife.
- \_\_\_\_\_ 2. Large pieces of broken glass should be cleaned up with a \_\_\_?\_\_\_.
- \_\_\_\_\_ 3. To pick up tiny pieces of glass, use a \_\_\_?\_\_\_.
- \_\_\_\_\_ 4. When reaching high shelves, use a \_\_\_?\_\_\_.
- \_\_\_\_\_ 5. Rugs in the kitchen should have a \_\_\_?\_\_\_ back.
- \_\_\_\_\_ 6. Electricity and \_\_\_?\_\_\_ are a dangerous pair.
- \_\_\_\_\_ 7. Electrical \_\_\_?\_\_\_ should be kept away from a range or sink.
- \_\_\_\_\_ 8. A damaged electrical cord can be a source of \_\_\_?\_\_\_.
- \_\_\_\_\_ 9. When you disconnect an appliance, hold the \_\_\_?\_\_\_.
- \_\_\_\_\_ 10. Too many appliances plugged into one outlet can cause \_\_\_?\_\_\_ or \_\_\_?\_\_\_.
- \_\_\_\_\_ 11. A source of burns in the kitchen is \_\_\_?\_\_\_.
- \_\_\_\_\_ 12. When cooking, \_\_\_?\_\_\_ clothes can help prevent burns or fires.
- \_\_\_\_\_ 13. Materials that burn easily are called \_\_\_?\_\_\_.
- \_\_\_\_\_ 14. Pan handles should be turned to the \_\_\_?\_\_\_ of the range when cooking.
- \_\_\_\_\_ 15. Using a wet potholder can cause \_\_\_?\_\_\_.
- \_\_\_\_\_ 16. When lifting the cover from a hot pan, uncover the \_\_\_?\_\_\_ of the pan first.
- \_\_\_\_\_ 17. Grease will spatter and burn you if \_\_\_?\_\_\_ is poured on a grease fire.
- \_\_\_\_\_ 18. A grease fire can be put out with the ingredients \_\_\_?\_\_\_ or \_\_\_?\_\_\_.

Continued on next page

\_\_\_\_\_ 19. Putting a cover on a pan with a grease fire will \_\_\_\_? \_\_\_\_ the fire.

\_\_\_\_\_ 20. When using a household chemical indoors you can \_\_\_\_? \_\_\_\_ and \_\_\_\_? \_\_\_\_.

\_\_\_\_\_

**Short Answer:** Answer the following questions on the lines provided.

21. What are five common kitchen accidents?

\_\_\_\_\_

22. Describe how to wash knives safely. Why is this method a safe one?

\_\_\_\_\_

23. Why should a spill on the floor be wiped up right away?

\_\_\_\_\_

24. Describe what to do if food gets stuck in an appliance.

\_\_\_\_\_

25. Name three ways poisoning can occur.

\_\_\_\_\_

26. Why should you buy only the amount you need of a household chemical?

\_\_\_\_\_

27. What is the reason for wearing rubber gloves or a mask when using some household chemicals?

\_\_\_\_\_

28. Describe precautions that should be taken before using a pesticide in the kitchen.