Kitchen Safety

FCS Quest
General Kitchen Safety Tips

1. Do not touch **electrical outlets** with wet hands

2. When using knives, cut **away** from yourself. Use the **right size** knife for the cutting task.

3. Use **pot holders** for handling hot pans or dishes. Do not use **dish towels** as a pot holder.

4. Do not put **metal** in the microwave! When cooking food in the microwave, use **glass** or plastic that has been **approved** for microwave use.
5. To avoid **slips and fall**, pick up objects from the kitchen area when cooking and sweep up all **spills**.

6. To put out a grease fire, sprinkle with **baking soda** or cover with a **pan lid**. Never put **water** on a grease fire.

7. Check for correct **placement** of the oven racks **BEFORE** it is preheated.
Safety Tips cont.

8. Do not put grease or any other food down the drain.

9. Keep handles of pans turned to the inside. Choose the correct sized burner for the pan you are using.

10. Sweep up broken dishes, place all broken glass into a paper bag before placing in the garbage. Use a damp paper towel to wipe up glass shards.
Kitchen Emergencies

**Choking:**
- Urge them to keep *coughing*
- If they stop *breathing*, position behind them with your dominate leg between their feet.
- Perform *abdominal* thrusts.

**Deep Cuts:**
- Cover with a *clean*, absorbent cloth and apply *direct pressure*. 
Kitchen Emergencies

**Falls:**
- Do not *move* the victim unless it is unsafe or you are unable to properly care for them.
- *Raise* the injured area and *ice* (if possible)
- Keep victim *comfortable*

**Burns:**
- Run under *cold* water until pain subsides
- *Bandage* if necessary
How many safety hazards can you find in this picture?