

# Basic Rules of Kitchen Safety

## BEFORE YOU BEGIN

- **Roll up long sleeves. Never cook in loose clothes and keep long hair tied back.** You don't want anything accidentally catching fire (not to mention hair ending up in the food!).
  - **Never cook while wearing dangling jewelry.** A bracelet can get tangled around pot handles.
  - **Wash your hands with soap and water before handling food and after handling meat or poultry.** Hands can be a virtual freight train of bacteria.
  - **Always read the Recipe and Directions before beginning.**
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- **Store knives in a wooden block or in a drawer.**
- **Always pick up knives by their handle and do not point them at anyone.**
- **Don't put knives or other sharp objects in a sink full of water.** Someone could reach in and get hurt.
- **Keep cabinet doors and drawers closed** so you won't bump into them.
- **Keep potholders nearby and use them!** Be careful not to leave them near an open flame.
- **Turn pot handles away from the front of the stove.** Children can't grab them, and adults can't bump into them if they're out of the way.
- **When working with pots on the stove, be sure to hold the handle while stirring** to prevent the pot from slipping off the burner.
- **Keep electrical cords away from the stove top, oven and sink.**
- **Don't let temperature-sensitive foods sit out in the kitchen.** Raw meat, fish, and certain dairy products can spoil quickly, so refrigerate or freeze them right away.
- **Wipe up spills immediately.** Keep the floor dry so that no one slips and falls.

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- **Separate raw meat and poultry from other items whenever you use or store them.** This precaution avoids cross-contamination of harmful bacteria from one food to another.
- **Don't put cooked food on an unwashed plate or cutting board that held raw food.** Always use a clean plate.
- **Sanitize your work station with bleach spray and paper towels.**
- **Never add water to a pan with hot oil in it.** It could make the oil spatter and burn someone. Throw baking soda or salt on a grease fire. **Do not use flour, baking powder or other cooking powders** that resemble baking soda or salt – they have a different chemical makeup and will make the fire worse.
- **Get a fire extinguisher for your kitchen.** Do you know where the fire extinguisher is if there is one?
- **Be Patient and make sure everything is cooked thoroughly.** Never assume something is cooked all the way just because the timer went off or it “looks” done.