

Name: _____

Period: _____

Kitchen Laboratory Safety Procedures

To prevent falls...

1. Wipe up _____ spills at immediately.
2. Don't leave objects on the floor.
3. _____ cabinet doors and drawers.



To prevent cuts...

1. Keep sharp knives _____.
2. Use a cutting board and cut _____ from yourself with the knife blade slanted.
3. Use a vegetable peeler.
4. If a knife starts to _____, get out of the way.
5. Wash, dry, and store knives in the storage _____.
6. Keep fingers and objects away from _____ of electrical appliances.
7. Sweep up broken glass _____ and wrap your hand in a damp paper towel to pick it up.
8. Always use a can opener.
9. _____ cuts - wash wound with soap and water.
10. _____ cuts - apply pressure.



To prevent fires and burns...

1. Use salt, baking soda or a lid to put out a _____ fire.
2. Never _____ a pan of burning grease fire.
3. Know where the fire extinguishers are.
4. Fire in oven - _____ heat, do not open the door.
5. Use a _____ potholder to remove pans from the range or oven.
6. Store flammable substances from heat sources.
7. Keep pan handles turned _____ on the stovetop.



8. When removing the lid of a pan, _____ it away from you and do not hold your face over the pan.
9. When removing a pan from the oven, slide the rack out. Warn others.
10. Turn _____ all appliances.
11. Use a spoon or tongs to _____ food from hot liquids.
12. When lighting gas burners with a match, strike the match, then turn the burner on.
13. Don't leave an _____ pot on a hot burner.
14. Hot pots with oil or grease should _____ before putting them into water.

To prevent electric shock...

1. Read appliance directions _____ using them.
2. Keep electrical cords away from water and hot objects.
3. Do not plug in several _____ into an electrical outlet at one time.
4. Unplug portable appliances _____ after using them.
5. _____ appliances before cleaning, and never put them in water unless it is labeled otherwise.
6. Make sure your _____ are dry and you are standing on a dry _____ before using an electrical appliance.
7. Unplug appliances before bringing metal objects in contact with the working parts.



To prevent microwave accidents...

1. Never use a microwave if the door appears _____.
2. Never turn on the microwave _____ food inside!
3. Do not heat _____ jars, can or bottles in the microwave.
4. Use potholders to remove food containers from the microwave.
5. _____ lids and plastic wraps carefully to avoid steam burns.
6. Do not place magnets on the outside of the microwave.
7. Foods high in fat and sugar _____ easily. Remove with caution!

