

# Rules for Kitchen Safety

1. Wash hands often. To do this properly use warm water, and lather up with hand soap. Scrub the back and front of your hands, between the fingers and your fingernails. Wash for at least 20 seconds. Rinse under running water and dry with a clean towel.
2. Rinse all fresh fruits and vegetables before eating using clear, clean water-no soap.
3. Don't put cooked food on same plate, tray or cutting board as raw or ready to eat food to prevent cross contamination and the spread of bacteria.
4. When you finish measuring perishable foods, put the extra back in the refrigerator or ice chest.
5. If you spill something, take the time to clean it up properly.
6. Keep paper towels, dish towels and pot holders away from stovetops and oven doors so they won't catch fire.
7. Turn pot handles toward back where no one will knock them off the heating element or table.
8. Never add water to a pan that contains hot oil or fat in it since hot fat will splatter out of the pan and could cause a burn.
9. Never put water on a cooking fire. Quickly ask an adult to put out the fire. Don't try to move a burning object to another place.
10. Use knives safely.
  - a. If you don't feel comfortable with the knife ask for help.
  - b. When using a knife to cut your food, always cut away from your body and toward a cutting board.
  - c. If the cutting board moves when in use, secure it by putting a damp towel between it and the counter or table.
  - d. Use the knife for cutting, not gesturing or pointing.
  - e. Stand still while holding knives. If you must move from one place to another, hold the knife blade downward, tell people you are coming through with a knife and walk carefully. Never run.
  - f. Put knives down away from the edge of the table and placed so the blade is facing down or on its side.
  - g. Don't put knives or other sharp objects into full sink where someone could reach in and get hurt.
11. Dress for safety. Wear shoes that cover your feet (no sandals). Avoid loose fitting clothing. Take off jewelry including earrings, necklaces, bracelets and rings (it or pieces of it could fall into the food).
12. Keep hair out of the food. Wear some kind of clean head covering such as a ball cap, bandana, chef's hat or hairnet. If you have long hair, tie it back, then cover your head with a clean head covering.
13. Be careful not to get burned.
  - a. Open pan lids away from you to safely vent steam.
  - b. Turn off burners, ovens and other hot equipment as soon as you finish with them.
  - c. Keep hands out of hot pans.
  - d. Let people know you are coming with something hot.
  - e. Walk slowly when you carry something hot.
  - f. Use dry pot holders.
14. Electricity is not a friend of water. Keep electric appliances and cords away from water. Use dry hands to plug something in or out.
15. Turn off appliances and unplug them as soon as you finish with them.
16. If you have oil or pan drippings that need to be disposed of, contact a Food Showdown adult volunteer, and they will provide you with a metal can and turkey baster for proper disposal.

