**Kitchen Safety Rules**

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| **Rule** | **Reason** |
| 1. Warn others when you are coming up behind them with something hot or harp (“Hot behind! Knife behind! Open oven!”)
 | Someone could get hurt by bumping into the knife, hot pan, or oven. |
| 1. When placing food in the oven, open the door all the way and pull out the rack slightly using a potholder.
 | This helps prevent you from hitting your arm on the oven door or walls, causing a burn. |
| 1. Never place a towel or potholder on top of a stove or burner.
 | This could cause a fire.  |
| 1. When reaching something on a high shelf, stand on a stepladder.
 | Standing on a chair or stool is dangerous because it can slip out from under you, causing serious injury.  |
| 1. Open cans all the way with a can opener and remove the lid.
 | You could cut yourself on the lid, which is very sharp. |
| 1. Keep fire extinguishers in proper working order and place them in areas of the kitchen where they are easily accessible.
 | Fire extinguishers can lose their power over time, which can impact their ability to put out fires.  |
| 1. Remove lids from pots away from you so the steam vents away from the face.
 | You can get a steam burn if you open lids towards your face or straight up because the steam blows in your face.  |
| 1. Bend at the knees, not the waist, to lift heavy object
 | This helps to avoid hurting your back.  |
| 1. Pick up anything on the floor that might trip someone.
 | Someone might trip and fall.  |
| 1. Store toxic chemicals, like cleaners, away from food.
 | If cleaners contaminate food, someone could get sick. Someone might also mistake the cleaner for a food product.  |
| 1. Use only dry pot holders for handling hot items.
 | Wet potholders can cause a steam burn when the water in the potholder gets hot.  |
| 1. If a knife drops, do not catch it! Quickly step out of the way and let it fall.
 | You could catch the blade of the knife or risk having the knife hit your foot or leg.  |
| 1. Face pot and pan handles inwards towards the cooktop and away from walking areas.
 | Someone could run into the handle of the pot and hurt themselves.  |
| 1. Clean up grease and other spills as they happen with salt or cornmeal.
 | Someone could slip and fall. Cornmeal and salt help absorb the grease, but cleaners work too.  |
| 1. Do not leave cooking pots unattended.
 | The food could burn or a fire could start if something boils over.  |
| 1. Always use dry hands to plug in and unplug electrical appliances
 | Having wet hands or standing in water could cause electrocution.  |
| 1. Unplug electrical appliances before washing and do not place in water unless labeled *immersible*.
 | Putting water on appliances that are plugged in or those not meant to be dipped in water could break the appliance and/or cause electrocution.  |
| 1. Do not place utensils into a stand mixer or toaster while they are turned on.
 | You could get electrocuted or burned. Tip the toaster upside down and unplug appliances first.  |
| 1. Do not place glass pans on hot cooktops; they will shatter (break).
 | Glass meant for the oven can still shatter, causing injury, if exposed to direct heat from a burner.  |
| 1. Place hot pots and pans on top of a cooling rack or folded towel to cool.
 | Placing them on a counter can damage countertops.  |
| 1. Do not wear baggy clothing in the kitchen and roll up sleeves.
 | Clothing can catch on fire or get caught in appliances.  |
| 1. Tie long hair back in a ponytail.
 | Hair can catch on fire, get caught in appliances, or contaminate food.  |
| 1. Cover open wounds properly with bandages and/or rubber gloves.
 | Open wounds could cause food poisoning.  |
| 1. Wear long pants or skirts when cooking.
 | This prevents possible burns and cuts if something goes wrong in the kitchen.  |
| 1. Never leave knives in the sink to soak. Place them on the side of the sink and wash them separately.
 | Someone could reach in the sink and get cut. Placing knives on the counter and washing them separately is safest.  |
| 1. Do not heat sealed jars, cans, or bottles in the microwave. Never microwave metal.
 | Sealed items can explode, and metal materials can cause dangerous sparks in the microwave.  |
| 1. Use potholders to remove items from the oven and microwave.
 | Microwaved food can be hot.  |
| 1. Close all cabinet doors and drawers.
 | Someone could trip and fall or injure themselves.  |
| 1. If you smell gas, turn off all range and oven controls and tell your teacher immediately.
 | Turning off the controls can stop the gas from spreading. Tell an adult, because this can be very dangerous.  |
| 1. Put out grease fires with baking soda, not water, to avoid spreading the fire.
 | Grease and water repel each other, meaning water could spread the fire. Baking soda, salt, a fire extinguisher, or the lid of a pot work best because they smother the flames and do not spread the fire.  |
| 1. Use a wet paper towel to clean up broken glass.
 | A cloth towel could trap pieces of glass, causing later injury. Dry paper towels will not always pick up all the glass pieces. It is best to sweep up the glass, place it in a paper bag (glass could rip through plastic easily), and gather any small pieces with a wet paper towel.  |
| 1. If a fire starts in an oven, turn off all controls, close the oven, and let the fire burn out. Use a fire extinguisher if necessary.
 | Usually, closing the oven door and turning off controls is enough to put out the fire because oxygen is lost, and the fire has no more fuel to burn.  |