

# Preventing Kitchen Accidents

Nutrition and Wellness

Chapter 7

Section 2

# Objectives

- Identify ways to prevent common kitchen accidents
- Discuss special safety needs
- Describe what to do if a kitchen accident results in injury
- Discuss sanitation and safety issues
- Proper Hand Washing
- Correct operation of the fire extinguisher

# What accidents have happened in your kitchen at home?

- What were the causes of these accidents?

# Creating an Accident-Free Kitchen

- Carelessness can turn the kitchen into an accident waiting to happen
  - Falls
  - Electrical shocks
  - Cuts
  - Burns
  - Positioning

# Key to Preventing Kitchen Accidents?

- Careful kitchen management and proper work habits

# General Guidelines

- Don't let hair, jewelry, sleeves, or apron strings dangle.
- Keep your mind on what you are doing
- Prevent clutter
- Close drawers and doors
- Use the right tool for the job
- Store heavy or bulky items on low shelves

# Preventing Falls

- Keep the floor clean
  - If you spill it, clean it!
- Keep floor clear of clutter
- When reaching high shelves use a firm step stool
  - Do not stand on a chair or box

# Preventing Cuts

- Keep knives sharp
- Use them properly
- Store them in a drawer divider, knife block, or knife rack
- Don't try to catch a falling knife
- Don't soak knives in the sink
- Sweep up any broken glass from the floor immediately



# Using Electricity Safely

- Water and Electricity DO NOT mix
- Avoid damage to electric cords
- Use outlets properly
- Use care with any plugged-in appliance
- Watch for problems

# Hazardous Chemicals

- Oven cleaners
- Lighter fluid
- Drain cleaners
- Pesticides
- Polishes
  - Why are these hazardous?
    - Some of these chemicals can cause burns, breathing difficulties, and poisoning

# Hazardous Chemicals

- Read label **CARFULLY**
  - Make sure you understand the directions
- Never transfer chemical into another container
- Never mix different chemical products
- With Spray products, be sure to point nozzle where the product is supposed to go
  - Never point at yourself or anyone else

# Hazardous Chemicals

- Store chemicals away from food
- Store away from children
- Flammable products should be stored away from any source of heat
- Avoid using chemicals unnecessarily

# Prevent Range and Microwave Accidents

- Range is the most likely place for fires and burns to occur
- Use potholders or oven mitts
- When uncovering pots or pans, lift up the far edge of the cover first so the steam will flow away from you
- Use only pots and pans in good condition
- Keep pan handles turned toward the back or middle of the range top
- Keep flammable items away from the range

# Prevent Range and Microwave Accidents

- Do not use plastic near the range
- Arrange oven racks properly before you start the oven
- Stand to the side when opening the oven door
- Don't reach into a hot oven
- Clean up spills and crumbs after the oven has cooled
- Be sure to turn cook top off when not in use
- Keep fire extinguisher handy

# What to do if a fire starts?

- Depends on where the fire occurs
  - Range top or electric skillet
    - Turn off heat
    - Put the cover on the pan or pour baking soda or salt on the flames
      - Never use water
        - The grease will splatter and spread the fire
      - Never use baking powder
        - It can also make the fire worse
  - Oven, broiler, microwave, toaster oven
    - Turn off or disconnect the appliance
    - Keep the oven door closed

# Fire Safety

- Never attempt to carry a pan with burning contents
- If you can not immediately put out the fire go outdoors and contact the fire department



# How to use a Fire Extinguisher

- <http://www.youtube.com/watch?v=ZCSms-jyOao>

# Signs of Safety Worksheet

- In groups complete the Signs of Safety Worksheet

# Personal Cleanliness Guidelines

- Keep your hands clean
- Avoid touching your face or hair while working in the kitchen
- Use separate towels when drying your hands and drying dishes
- If you have an open sore or cut on your hands wear gloves when handling food

# Personal Cleanliness Guidelines

- Avoid lose items, roll up sleeves
- Wear an apron
- If a dish towel or utensil falls on the floor do not use it again
- ALWAYS use a separate spoon for tasting--do not use the spoon you are stirring with

# Proper Hand washing

- <http://www.webmd.com/video/dirty-truth-handwashing>

# Special Needs For Accident Prevention

- Children
- Aging Adults
- People with Disabilities

# Special Needs For Accident Prevention

- Children
  - Never leave children alone in the kitchen
  - Protect Toddlers with safety latches
  - Supervise children at all times when they are “helping” you in the kitchen
  - Model safe work habits for children

# Special Needs For Accident Prevention

- Aging Adults and People with Disabilities
  - Keep a magnifying glass in the kitchen
  - Re-label items in large letters
  - Add more or better lighting
  - Store items in easy to reach places
  - Add a cart with wheels for convenience
  - Use non-breakable dishes
  - Provide a stool or tall chair to set while working



# What to do if an accident does occur?

- Stay calm
- Never hesitate to call for help

# Poster Activity

- Divide into groups
- Create a poster giving safety tips for preventing your assigned type of kitchen accident
- These will be shared with the class and posted in the food lab as reminders
- Be creative
- Group #1
  - General Safety Guidelines
- Group #2
  - Preventing Falls
- Group #3
  - Preventing Cuts

## Quiz #2

- 1. Name three ways to prevent falls.
- 2. Give three suggestions that might improve kitchen safety for an older person with special needs
- 3. What is the most serious kitchen accident you have ever had? Why did it happen? How could it of been prevented?