

Hints and Tips about safe working in the kitchen

Many of the things suggested below are common sense and probably things that you do automatically but here is the list in case it is a help to you:

Fire and electrical safety

- > Always switch appliances off at the wall before prodding the contents e.g. do not loosen toast in a toaster with a knife without it being off
- > Turn off appliances after use
- > Do not cover the vents of a microwave
- > Never leave a chip pan or any hot fat unattended
- > Always have a fire blanket nearby

Avoiding cuts

- > Never drop a sharp knife in the washing up bowl always keep hold of it or someone may cut their finger if they are not aware of it (or cannot see it)
- > Make sure that your knives are sharp as that makes them slide through food more easily and you are less likely to have an accident
- > Never leave a knife with the blade pointing upwards on a chopping board
- > Make sure that your working areas are well lit so that you can clearly see what you are doing

Cooking on the hob

- > Slide rather than carry heavy hot pans onto the work surface or alternatively use a cooking basket to hold something like vegetables and then you can just lift that out. Alternatively remove some of the hot water with a jug first
- > Never leave handles sticking out from the front of the cooker or over lit gas
- > Always hold the handle of any pan whilst stirring the contents of the pan