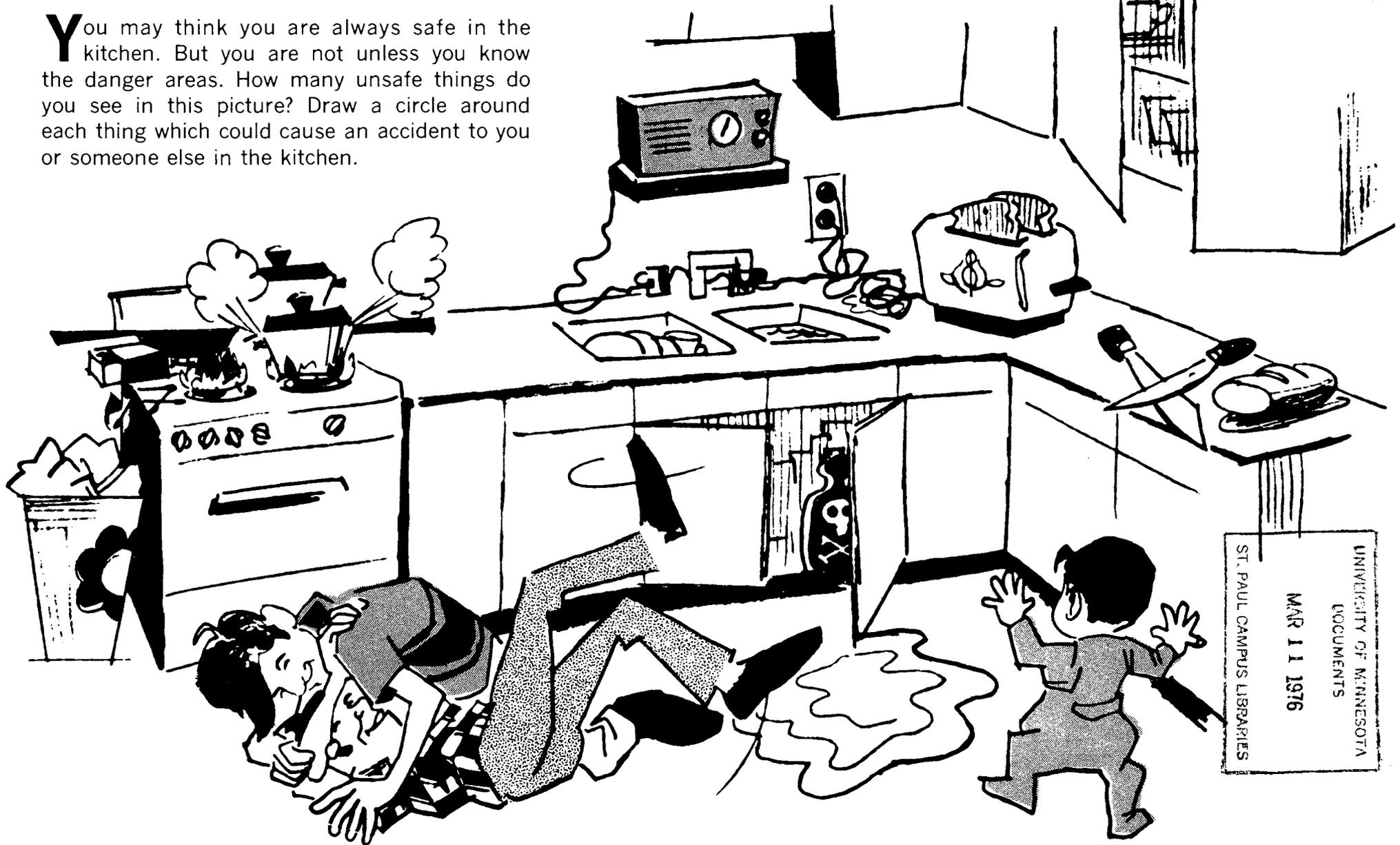


SAFETY IN THE KITCHEN

2 4-H M-306--1976

You may think you are always safe in the kitchen. But you are not unless you know the danger areas. How many unsafe things do you see in this picture? Draw a circle around each thing which could cause an accident to you or someone else in the kitchen.



UNIVERSITY OF MINNESOTA
DOCUMENTS
MAR 11 1976
ST. PAUL CAMPUS LIBRARIES

MM 2000 FHM 306

This archival publication may not reflect current scientific knowledge or recommendations.
Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

SAFETY IN THE KITCHEN

Danger #1 THE STOVE

What spot do you think is the most dangerous in the kitchen? You are right – the STOVE!

HOT BURNERS

You can see the gas flame or the red of an electric burner when they are on. However, burners stay hot for several minutes after they are turned off. Ask your leader to show you how to test if a burner is hot. Can you think of other **SAFE** ways to test for hot burners?

BOILING WATER

Some of the cooking you do uses boiling water. Boiling water **MAKES** steam and steam is **HOT**. Learn to remove the cover of a pan by raising the far side first. That way the steam goes away from you and you do not get burned. Your leader will show you how.

SPILLS

Handles of pans should always point toward the center of the stove. When handles hang out over the edge they are easily caught and the pan pulled off. Old pans with rounded bottoms are often dangerous to use because they don't sit level on a burner. If you cook with this type pan use the back burners and balance the pan carefully.

BURNS

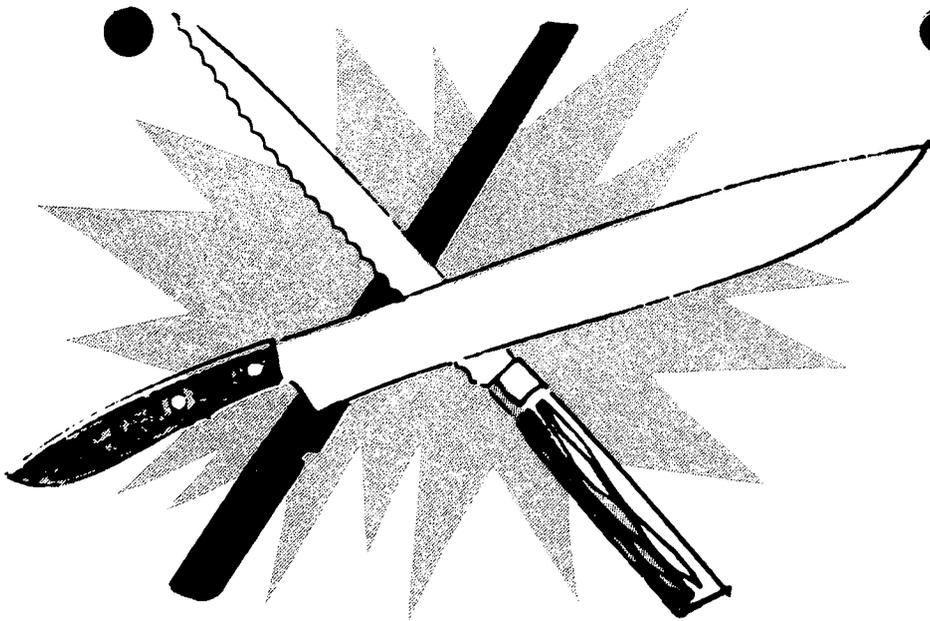
It is very easy to forget that a handle may be hot or that a hot oven rack will burn if you touch it. Have plenty of potholders to use when you cook. Be sure that you keep the potholders dry. If you use a damp holder, you may get burned when a hot surface turns the moisture in the holder into steam.

ESPECIALLY FOR THOSE
WHO COOK WITH **GAS**

- Learn to light burners and oven **SAFELY**.
- Always light the match **BEFORE** turning on the gas.
- Be sure to turn burners and oven **ALL THE WAY OFF** when you **FINISH COOKING**.

SAFETY IN THE KITCHEN

Danger #2 SHARP KNIVES



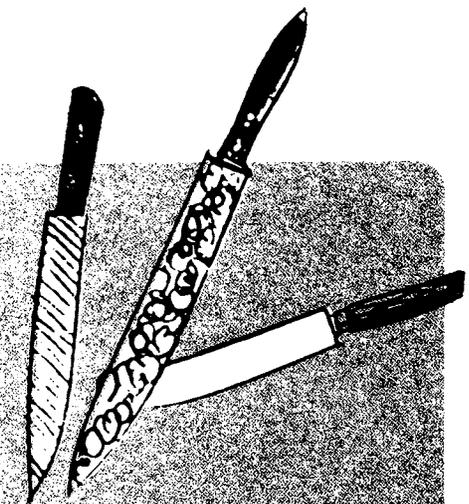
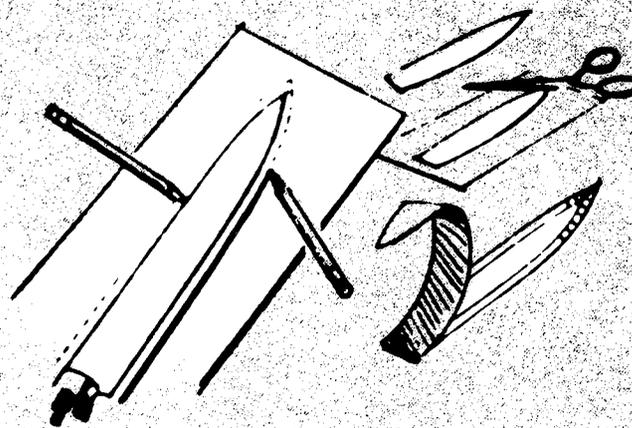
Sooner or later everyone cuts himself when cooking. But there is no excuse for cutting yourself because a sharp knife is in a drawer or hidden in the bottom of the dishpan of dirty dishes. It is best to wash a knife right after it is used and to put it away promptly. If you can't do this, be sure to place the dirty knife out of the way so no one will get cut. Wash the knife carefully when you do dishes. Do not put it in the dishwasher to soak. Hold on to it, wash quickly, dry immediately, and put it away.

STORING KNIVES

Knives should be stored in knife holders or put into cardboard covers. If you don't have knife covers — they are called **sheaths** — make some for your family's knives. Use the directions pictured at the right.

MAKING KNIFE SHEATHS

1. Draw around the knife for which you wish to make a sheath.
2. Measure $\frac{1}{8}$ inch from the tracing and draw a second line (see drawing). This is your pattern.
3. Cut two pieces of cardboard the shape of the pattern.
4. Fasten the two pieces together with masking tape or cellophane tape, using the picture to show you how.
5. Decorate with crayon or stick-on paper.



SPECIAL TIP

Tape **EDGES TOGETHER** by placing cellophane tape or masking tape on edge, clipping as shown in picture.



SAFETY IN THE KITCHEN



Danger #3 FIRE

There is always a possibility of fire in the kitchen. Even a small fire is serious. But it is not quite so frightening if you know what to do.

MATCHES

Most kitchens have matches around — to light burners and ovens and candles. Lighted matches can easily slip out of your hand, especially if you are a little afraid of the flame. Sometimes lighted matches fall into a wastepaper basket (like the picture shows) and a fire gets started. If this happens to you, pour water over the fire. **FAST!** Be sure the fire is **ALL** out.

It is good to learn to use matches right. If you don't already know how, let your leader help you practice lighting and putting out matches until you are good at it. Do you store your matches in a tightly covered jar or can? Do you have a tin can near to place the burned matches in?

YOU NEVER PLAY WITH MATCHES, DO YOU ?

FOR CLOTH OR PAPER

You can use water to put out cloth or paper fires. If hair or clothing catch on fire, do not run. Quickly beat the flames out with your hands or a towel. Do it **FAST!**

BURNING GREASE

You will be heating grease in some of your cooking. If you get it too hot, it begins to smoke and turn dark. If you leave it on the burner after that, it can get hot enough to catch fire. If a fire does start, **keep cool**. The box below tells you what to do. **Learn it now**. If you ever have a fire, you won't have time to look for directions about how to put out a fire.

FOR BURNING GREASE

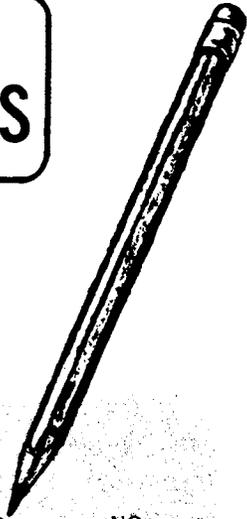
DO = Cover the flames with something solid to keep the air away from the flame. A tight fitting lid, a flat plate, a breadboard, or even a piece of aluminum foil. It must be big enough to cover the whole surface.
OR...
Quickly cover surface with lots of **DRY BAKING SODA**. Lots of dry salt usually works, too.

DON'T = pour on water — this splatters the burning grease and makes the fire worse.
try to move a pan of burning grease. You may drop it and spill the grease.

SAFETY IN THE KITCHEN



Danger #4 ELECTRIC SHOCKS



SAFETY TEST

Did you see the electric cord in the picture going right over the sink? What happens if a bare wire touches water and you touch the wire? Right! You get a shock.

The same thing could happen if you let a cord lie in a puddle of water just because you never got around to wiping up the spill. Or if you stand on a wet floor and touch a bare wire. Some shocks aren't very strong and won't hurt you. But some are **very** dangerous. **DON'T TAKE A CHANCE. PREVENT ELECTRIC SHOCKS!**

Most kitchen appliances have special rubber coated cords to prevent shocks but even good cords wear out. Check to see that your electric cords are in good shape. If the cord needs fixing, do it right away. Your leader can arrange for you or your brother to learn how to repair electric cords.

1. Do you dry your hands before turning on the kitchen radio?
2. Do you keep electric appliances away from the sink?
3. Are the electric **CORDS** on your appliances **IN GOOD SHAPE**?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SAFETY IN THE KITCHEN



Danger #5 SMALL CHILDREN AT PLAY

Everyone likes to be in the kitchen when something is going on. But a busy kitchen is no place for a small child unless someone is watching him all the time. Children love to climb and see what is happening. That is why it is important **ALWAYS** to have the handle of the pan out of reach. Serious burns happen when small children investigate the pretty flames or red glow of the burners. Don't let it happen in your house. Teach a young sister or brother to stay away from the stove. Use the back burners whenever possible so that if a child reaches he will not touch a hot burner.

Older kids can be a hazard in the kitchen, too. Especially when they begin to cut up. A flipped towel can overturn a pot on the stove or injure an eye. Wrestling or other play often results in a fall. Safety in the kitchen is important:

- Learn the danger spots.
- Avoid cutting up in the kitchen.
- Prevent accidents.

ACTIVITY

If you have the problem of a small child who wants to play in the kitchen, see if you can figure out a way to keep him away from the stove. Can you think of three ways to keep a child away from harm in the kitchen?



1. _____
2. _____
3. _____



SAFETY IN THE KITCHEN

CONDUCT YOUR OWN FIRE SAFETY CHECK:

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Are curtains hung so they could not be set afire by lighted stove burners? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does everyone who cooks in your kitchen know where to find something to stop a grease fire quickly? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Is there a safe place to keep matches? To throw them away ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Is everyone careful to keep hair and clothing away from hot burners? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Is there a fire extinguisher in your home? Does everyone know how to use it? | <input type="checkbox"/> | <input type="checkbox"/> |

If you have any NO answers, ask your mother to help you make your kitchen a safer place to cook.

Reprinted with permission of the New York State College of Human Ecology, a Statutory College of the State University at Cornell University, Ithaca, N. Y.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Roland H. Abraham, Director of the Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55108. We offer our programs and facilities to all people without regard to race, creed, color, sex, or national origin.

UNIVERSITY OF MINNESOTA



3 1951 D03 301671 U

How to get the **DOCTOR**How to get an **ADULT****SAFETY** IN THE **KITCHEN****EMERGENCY CHECK LIST**

It's smart to prevent accidents. But, sometimes, something serious does happen. Know how to act. Here's how to handle some of the problems you may have. We hope you never need to use the information!

Fire:

KEEP CALM! You can get scared later but keep your cool when you **first** see a fire. If there is a lot of flame or you have **any doubt** about being able to put the fire out, **get yourself** and **everyone else out** of the room and building. Call for **HELP** right away.

Remember this Rhyme. It could save your life!

WHEN IN DOUBT . . . GET EVERYONE OUT!

If the flame is small and not spreading fast, you may decide to try to put it out.

- **PUT GREASE FIRES OUT BY COVERING THEM TO KEEP AIR AWAY. OR . . . USE THE FIRE EXTINGUISHER.**
- **PUT CLOTH, PAPER AND HAIR FIRES OUT WITH WATER.**

Cuts:

THE FIRST THING to do is to **stop bleeding**. **Cover** the cut with a sterile bandage (from the First Aid kit if you make one), and **press hard** on the cut. This helps stop the bleeding. . . . Sit down if you feel faint and put your head down between your knees. . . . If the bleeding is hard to stop, get adult help quickly.

Small cuts may be covered with sterile adhesive bandage strips when the bleeding has stopped.

Burns:

BURNS HURT! If there is no break in the skin and no blister, put the burned area in **cold water** immediately. Keep it there at least five minutes. This keeps the sting down and helps prevent blistering.

If you know it is a **bad burn**, **cover lightly** with a clean cloth. This keeps the air off the burn and keeps the pain down. **Get help** from a doctor or nurse right away. **DO NOT** put anything on a bad burn. The doctor will have to remove whatever you use before he can treat your burn. This will make the burn hurt even more.

(PLEASE POST)

UNIVERSITY OF MINNESOTA



3 1951 D03 301676 K