



Health and Safety

Kalamunda Learning Community Learning Centre Kitchen

These instructions are in addition to the standard KCLC Work Health and Safety instructions. Please read them and sign to confirm you have done so.

Why is Kitchen Safety Important?

Kitchen safety means establishing simple steps such as designated sharp tool spots and avoiding surprises like spills. Staying safe in the kitchen is essential for both your health and happiness while cooking.

In a kitchen, five safety considerations include proper knife handling, cautious use of hot surfaces, preventing slips or falls, avoiding cross-contamination, and ensuring electrical safety.

1. Keep the Kitchen Clean and Organised

Keeping the kitchen clean and organised is essential for hazard-free cooking. Just a few minutes to wipe counters and put tools in their proper places goes a long way. An organised workspace prevents accidents like cuts from items tucked under a cluttered counter. It also avoids slips, spills, or crumbs left on floors.

2. Store Knives Properly

Properly storing knives post-use takes mere moments but provides significant safety payoffs. Use a designated knife block or strip to ensure no accidental cuts occur while rushing between tasks.

3. Never leave food unattended on the stove or in the oven.

4. Use Cutting Boards Correctly

Proper use of cutting boards is pivotal for protecting food from infection by germs and other contaminants. The most important thing for food and kitchen safety is using distinct cutting boards for varying types of food: meat, fish, fruits, or vegetables, among others. This helps prevent dangerous bacteria or germs from spreading from uncooked food to those cooked, reducing the chances of acquiring foodborne diseases.

5. Handle Hot Surfaces with Care

Be careful when handling hot surfaces in the cooking area so as not to get burnt or cause accidents. Use caution when transferring pots and pans fresh from the stove.

6. Maintain Kitchen Appliances

To stay healthy and safe, ensure everything in the kitchen is clean and properly maintained. As time passes, grease will accumulate in there, making it underperform and increasing the chances of electrical problems or fire outbreaks due to products left behind during cooking.

7. Be Mindful of Electrical Safety

Adhere to KCLC rules on proper use of electrical appliances to maintain safety in the kitchen. Keep moisture off wires and plugs as much as possible to avoid electric shocks or short circuits. Avoid applying power to appliances with worn-out or damaged cords and report them immediately.

8. Dress Appropriately

When cooking food, remember to wear tight clothes because if they are loose, especially long-sleeved ones, they may easily catch fire or be trapped by the appliances, causing accidents.

9. Avoid Placing a Hot Glass Dish on a Wet or Cold Surface

There is a risk of thermal shock if you place an already hot glass dish on a cold or wet surface because glass suddenly expands or contracts due to rapid temperature changes. This might cause breakages or splitting apart. To ensure safety, always use trivets or dry surfaces to protect glass dishes, preventing damage and avoiding environmentally harmful practices.

10. Using Proper Cookware

Use stable pans that don't tip or warp to prevent boiled-over splashes and lids that fit to keep spattering burns at bay. Use suitable utensils to preserve the nonstick coatings and lengthen their life span. Scratching the coating using metallic cleaning tools or utensils leads to the loss of nonstick properties, a health risk, especially when it flakes into food stuffs.

Summary

A safe kitchen lets you cook stress-free! Follow basic rules—unplug appliances near water and know the location of the fire blankets and the fire extinguisher. Choose the proper utensils for the task in hand.