

# KITCHEN SAFETY!

Standard 1  
Objective 1-5

# **Avoiding Kitchen Accidents**

# ELECTRIC SHOCK

Prevention	First Aid	Extra Notes
NO WATER!	<ul style="list-style-type: none"><li>• Disconnect main power source before helping person</li><li>• Check for breathing and heart beat (begin compressions if necessary)</li><li>• 911!</li></ul>	<p>Don't be stupid 😊</p>
Dry hands		
Stand on a dry floor		
Attach accessories before plugging into the wall		
Plug cord into appliance before plugging into power source		

# CUTS

Prevention	First Aid	Extra Notes
Knife handling	<ul style="list-style-type: none"><li>• Wash it</li><li>• <b>APPLY PRESSURE!</b></li></ul>	<ul style="list-style-type: none"><li>• If the sight of blood makes you faint, make sure you sit down!</li></ul>
Sharp knives only		
Remove and discard can lids properly		

# SPILLS/FALLS

Prevention	First Aid	Extra Notes
Clean up spills immediately	<ul style="list-style-type: none"><li>• Pick up a person who falls</li><li>• Unless they hit their head.....then get help first! (head/neck injuries)</li></ul>	Oil spills can only be cleaned with <u>soap and water</u> (surfactants!)
Use a step stool for high objects		

# BURNS

Prevention	First Aid	Extra Notes
Turn handles away from the front of the range	<ul style="list-style-type: none"><li>• Cool running water</li><li>• Cool damp cloth</li></ul>	Loose clothing/jewelry should be removed or secured  No ice!
Lift lids away from you		
Oven mitts/ hot pads		
Keep clothing away from direct heat		

# LIFTING TECHNIQUES

<b>Prevention</b>		<b>Extra Notes</b>
Lift with your knees!		Ask for help!
Store heavy items on lower shelves		

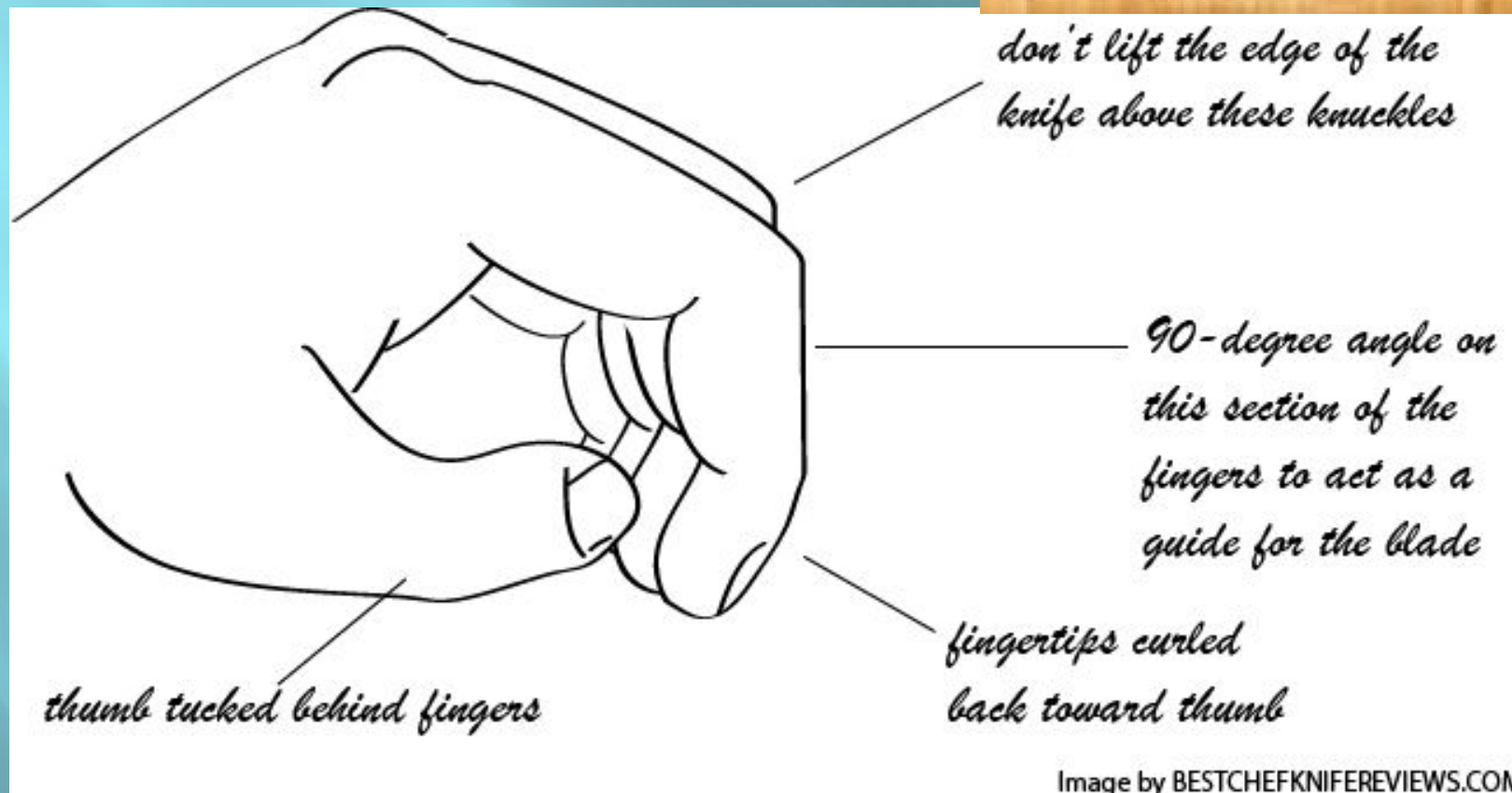
# CHEMICAL STORAGE

Prevention	First Aid	Extra Notes
Do not mix chlorine (bleach) and ammonia= toxic fumes!	<ul style="list-style-type: none"><li>• If chemicals touch skin, rinse thoroughly with water</li><li>• Call poison control</li></ul>	<b>READ THE LABELS!!!</b>
Cleaning supplies = away from food		
Use gloves		



# KNIFE HANDLING

## □ The Claw & Flat Hand



# What's the Best Knife?

Always use a SHARP knife!

- ❖ More efficient
- ❖ Dull knives are dangerous!



# Food-Borne Illness

- A food-borne illness is an illness caused by infected food.
- Eating contaminated foods containing poisonous toxins can cause food borne illness
- The best prevention of food-borne illness is  
**WASHING YOUR HANDS!**

# VOCABULARY

- Microbes: anything too small to be visible to the naked eye. The 3 types of microbes in food are:
  - Bacteria
  - Viruses
  - Fungi (yeast and mold)



# FBI's: the most UNWANTED

FBI	Source	Symptom
Botulism	Improperly canned food (low-acid)  *Honey = babies	Lockjaw Neurotoxin Blurry vision Slurred speech
E-Coli	Undercooked ground beef  Unpasteurized milk and juice	NDV's
Hepatitis A	Human fecal matter	Jaundice NDV's
Salmonella	Raw poultry and eggs	NDV's

# FBI's: the most UNWANTED

FBI	Source	Symptom
Staphylococci (Staph)	Human mucous contact on food	Flu-like symptoms NDV's
Norovirus	Raw produce, contaminated water, foods in contact with an infected handler	NDV's Muscle pain Fever
Clostridium perfringens	Meats, poultry, gravy <b>TIME/TEMP-ABUS ED foods</b>	Abdominal pain Diarrhea Nausea *rarely fatal
Campylobacter SPP (spp=species)	Unpasteurized (raw) milk Contaminated water Raw and undercooked poultry	Diarrhea (w/blood) Abdominal pain Fever NDV's

# Can I get a Food-Borne Illness?

- Anyone could be susceptible to food-borne illness, particularly if your immune system is weak. But there are special populations of people who are most vulnerable to FBI's:



**Y= Young**  
(children under 5)



**O= Old**  
(over age 65)



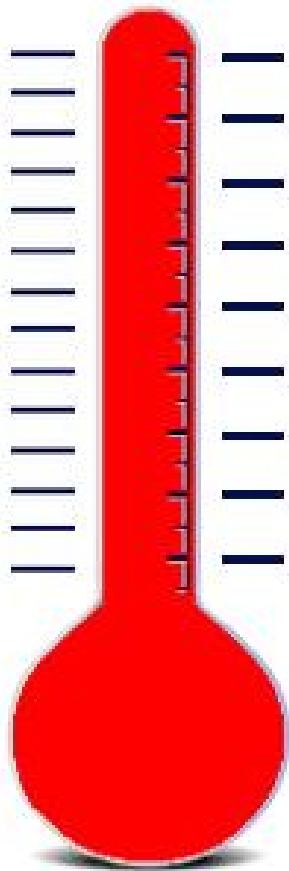
**P=Pregnant**



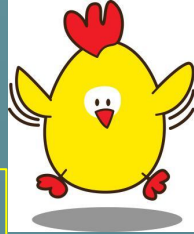
**I=Immuno-compromise**  
(allergies, chronic illness, etc..)



# The DANGER ZONE



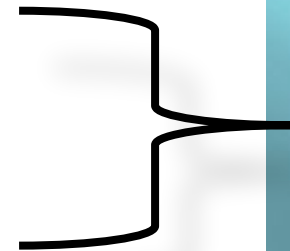
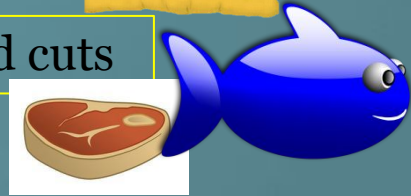
165 °F=Poultry, leftovers



155 °F=Ground meats



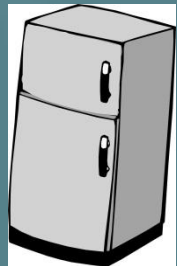
145 °F=Seafood, solid cuts



**DANGER ZONE**  
**41-135°F**



40 °F and below=cold storage



0 °F = Freezer temperature

