



Before you Begin

Handling Injuries

- It is recommended that a First Aid Trained Staff/Volunteer be onsite when the *Let's Get Cookin'!* program is running.
- In a cooking program, injuries like cuts or burns may happen occasionally.
- Know where the first aid station is located in the event of an injury.
- Seek out the assistance of the First Aid Trained person as needed.
- If a participant cuts their hand or finger, after appropriate treatment (e.g., cleaning and application of a sterile Band-Aid):
 - The participant must wear a glove on that hand.
 - This will protect the wound and the food from any cross-contamination.
- **The glove must be changed at the same interval as one would wash their hands during cooking.**



Figure 1: First Aid Kit