



Orientation: Session 1

General Kitchen and Knife Safety

Preventing Burns and Fires

- Always use oven mitts to lift hot items. Keep pot handles turned towards the centre of the stove.
- Keep paper towels and dish towels away from heat sources so they don't catch fire.
- Ask for help when carrying hot items that are too heavy for you.
- Wear an apron to keep clothing close to your body and away from heat sources.

Preventing Shocks

- Never use electrical equipment near water or with wet hands.
- Be sure that an appliance is turned off before plugging it in or unplugging. Hold the plug to unplug (not the cord).
- Never use a machine that you are unfamiliar with.

Knife Safety

- Knives are dangerous if not handled properly.
- Carry knives with blade pointed down towards the floor.
- If the knife falls - back up and let it fall (never try to catch it).
- Knives should be sharp – a dull knife can be more dangerous than a sharp one. When the blade is dull you have to push more and it might slip easier resulting in a cut.
- Always hold the knife by the grip or handle.
- Always cut DOWN and AWAY from the body.
- Always use a cutting board as a surface to cut on.
- Use a larger cutting board than seems necessary so that there will be room to cut. It is more difficult to cut if items are crowded on the cutting board.
- Ensure cutting board is secure and not moving. If it is sliding around, secure with a damp paper towel underneath.
- Always wear closed toe shoes.
- Hold the food you are cutting with one hand, while the other hand uses the knife.
- Tuck your fingers under in a "C" shape - holding hand is shaped like a claw.



- The tip of the knife should always remain on the cutting board, and the cutting can be done by carefully lifting and lowering the handle.
- If food is round or wobbly - slice it in half so that it can be placed on the flattened side and is safer to cut.
- Always pay attention to what you are doing - keep your eyes on your cutting.
- Don't put dirty knives in the sink full of soapy water – you or others may cut themselves reaching into the sink. Place them beside the sink and wash one by one.

Let's Get Cookin'!

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