

KITCHEN  
SAFETY

THE  
ASPENWOOD  
COMPANY

# CHOOSE THE BEST KNIFE FOR EACH TASK.



- The size and texture of your food item will determine which knife is best. For example, a paring knife provides the most control when cutting small fruit and vegetables.
- Harder or larger foods will require bigger knives.
- The handle should also fit comfortably in your hand. Tighten or replace loose knife handles
- Never use a knife for anything other than its intended purpose of cutting food.
- Cut **away** from, not towards the body. When slicing, stand to the side of the cut, use fork for steadiness, and keep fingers in the clear

# FOLLOW BEST PRACTICES WITH EVERY CUT



- Make sure your hands are clean and dry before cutting.
- There is more than one way to hold a knife, but it's important to find an appropriate solution that's comfortable for you.
- While working, take your time and focus on following proper procedures.

# FOLLOW BEST PRACTICES WITH EVERY CUT



- Use cut-resistant gloves that are appropriate for your task.
- Always cut on a stable surface using a non-slip cutting board.
- When working with rounded foods, the first cut should produce a flat side, which should then be laid down to provide stability.
- Keep the fingers and thumb of your non-cutting hand tucked under in a claw position while holding an item to cut.

# FOLLOW BEST PRACTICES WITH EVERY CUT



- During basic chopping and dicing, keep the tip of the knife on the cutting board and move the knife in a circular motion while lifting the back of the knife up to cut.
- If you need to pass the knife to someone else, lay it down and let the other person pick it up from the counter.
- Never try to catch a falling knife.

# AVOIDING CUTS IN THE KITCHEN



## LEARN HOW TO USE A KNIFE

- Using a proper cutting technique: Hold the food with your non-dominant hand and hold the knife in your dominant hand.
- Remember, cooking isn't a race so feel free to go slow if you need to.

# AVOIDING CUTS IN THE KITCHEN



## **KEEP ALL YOUR KNIVES IN GOOD CONDITION.**

- A clean, sharp knife gives you more control while cutting.
- Sharpen your knives at least once per day.
- If the knife cannot be sharpened adequately or the handle becomes loose, seek a professional service for help or replace it.
- Clean your knife immediately after you're done using it.

# CLEANING AND STORING YOUR KNIVES



## **CLEAN AND STORE YOUR KNIVES PROPERLY WHEN NOT IN USE.**

- Never put knives in a sink full of water.
- Wash Knives with the blade facing away from you.
- When wiping, always wipe the knife from the dull side
- Once clean, store knives in their designated sheaths, tray or wooden block.



# TO PREVENT BURNS

Burns are bad news. Never fear -- because with the help of these tips, you can easily prevent kitchen burns.

- **Always use potholders or an oven mitt** - If there is even the slightest possibility that a pot or pan could still be warm, it is a good idea to use a potholder. That being said, oven mitts can be highly flammable so don't leave them too close to the heat or a flame.
- **Push pot handles away from the front of the stove** - One of the easiest ways to prevent burns is to push the handles away from the front of the stove. Accidentally running into a pan could splash hot food on you, which could lead to a bad burn.

# TO PREVENT BURNS

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- **Don't wear loose clothing** - Loose sleeves can be dangerous while cooking because they could brush a hot burner and catch fire. Push up your sleeves to avoid dragging them through anything hot.
- **Beware of steam** - Although you might think of steam as being dangerous, it still has the potential to burn you. If you're pouring boiling water off of pasta, avoid letting the steam come in contact with your hands. A easy solution for this would be to pour the pasta directly into a colander in the sink and letting the water drain out.

# BURN PREVENTION TIPS



- Remember that steam will rise from a pot of boiling water when the lid is removed.
- Use a potholder and lift lids so that the end farthest away from you comes up first.
- Leave a cloth or oven mitts on a hot lid lying on a countertop to alert others the lid is hot.
- Turn pot handles in so that they can't be bumped or hit causing the pots to get knocked over.

# BURN PREVENTION TIPS



- When cooking wear clothing with tight fitting sleeves or roll your sleeves up.
- When using a microwave, use only containers with covers designed for safe use.
- Before carefully removing covers on food cooked in a microwave, ensure the food has cooled down.
- Keep things that burn such as dishtowels, paper, etc. at least 3 feet from the range top.

# BURN PREVENTION TIPS



- Don't leave spoons or other utensils in pots while cooking.
- Don't leave pots on stove unattended while cooking.
- Turn off burners and ovens when they are not in use.
- Keep plenty of dry potholders and oven mitts near your cooking area.

# DEEP FAT FRYER SAFETY



- Never put water or other liquid into hot cooking oil - it turns to steam instantly and can violently explode hot oil in all directions.
- Be careful when adding food to a deep fat fryer: if the fat is too hot or there are pockets of liquid in the prepared food the hot fat/oil will spray up.
- Turn the Fryer off when leaving for the day.

# LEARN HOW TO USE A FIRE EXTINGUISHER



- Know the location of fire extinguishers and the controls for fire suppression systems (sprinklers and Extinguishing units and know how to use them.
- Remember **PASS**
- Know where the pull device is to activate the Automatic Extinguishing System over the cooking equipment.



# LEARN HOW TO USE A FIRE EXTINGUISHER



- However, if the fire is getting out of control, don't hesitate to call the fire department. It's always better to be safe than sorry!



## THINK SAFETY!



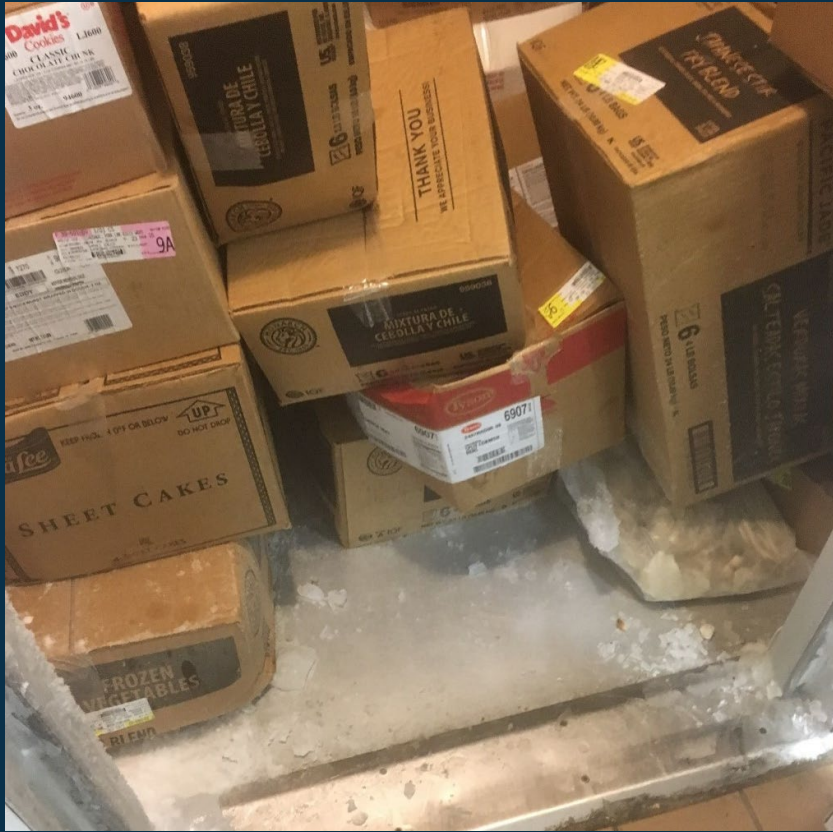
- Burns can be VERY painful and kitchen fires can be devastating.
- The “bottom line” in preventing burns and kitchen fires is to use common sense and safe practices.
- Never take anything for granted when working in a kitchen – treat pots, pans, and cooking surfaces as being hot unless YOU know for sure they are not.

# SAFE LIFTING



- Keep the back straight, bend the knees, and let the strong leg muscles do the lifting.
- Get help when attempting to lift heavy or bulky objects.
- Always use the proper type of step ladder to reach high objects. Make certain the step stool or ladder is in safe condition, with no broken rungs, defective side rails or braces.
- Store heavy cases or cartons on lower shelves, preferably at waist level, and place lighter items on high shelves

# WALK IN COOLERS

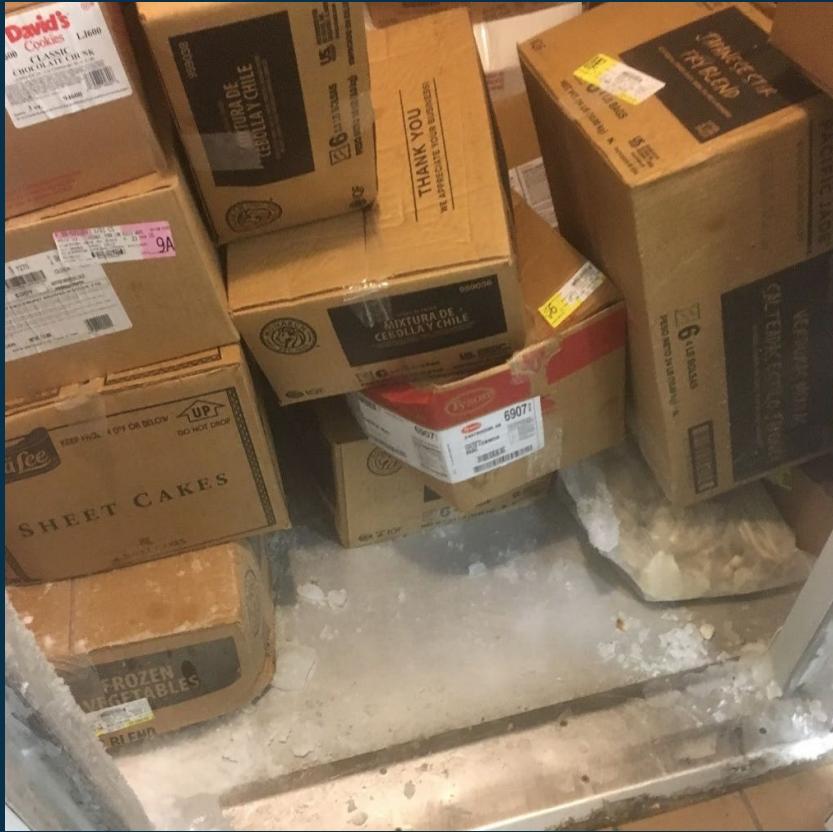


## KEEP SPACES CLEAN, DRY AND ORGANIZED

Keeping your walk-in cooler organized, clean, and dry is probably the easiest and most important way to prevent accidents.

- Clean up spills immediately after they happen. Use a floor squeegee to guide extra water to a floor drain so it will dry faster.
- Keep walkways clear and free of tripping hazards.
- **Ice buildup can cause puddles, so scrape and defrost regularly.**
- Don't overload shelves; pay attention to the weight limits of your shelving. Keep heavy items waist height or lower.

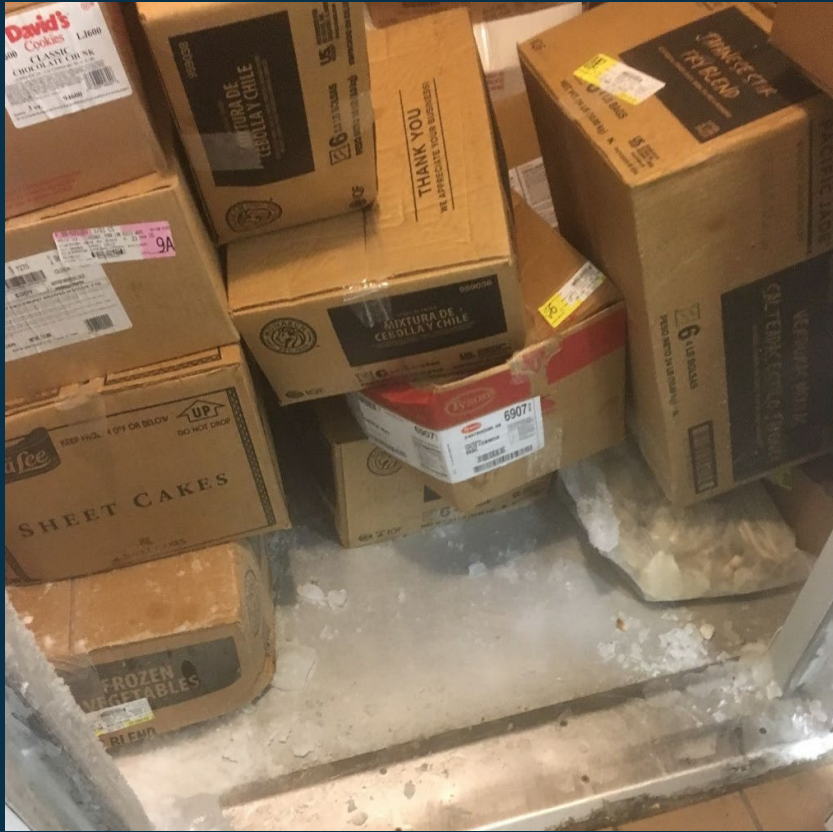
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