



KITCHEN SAFETY CHECKLIST

- **Wash hands and utensils**
- **Food Handling**
 - Rinse all produce
 - Keep food away from chemicals and cleaners
 - Do not handle food for others when sick
 - Use a fresh spoon to taste while cooking (no fingers or mixing spoon)
 - Hand towels are only for drying hands, dish towels are only for drying dishes
- **Keep food at the right temperature**
 - Keep food hot or cold
 - Do not leave food at room temperature for more than 2 hours
 - Cook/reheat above 160 degrees
 - Refrigerate/freeze below 38 degrees
- **Turn handles back on pots/pans on stove**
- **Use potholders** and lift lids away from your face
- **Keep burners clear**
- **Fry with caution**
 - Use low/medium heat
 - For fires: turn off heat, cover pan and use baking soda
- **Use knives carefully**
 - Use a cutting board
 - Cut away from body
 - Keep knives sharp
- **Wash knives separately**
- **Wipe up spills immediately**

KITCHEN SAFETY CHECKLIST

- **Use appliances safely**

- One appliance per outlet when in use
- Use away from water
- Turn appliance off to clear stuck food
- Keep cords out of the way
- Pull gently on plug to unplug
- Unplug appliances when not in use

- **Use microwaves safely**

- Never run when empty
- No metal in oven
- Door remains shut while operating
- Use pot-holders to remove food
- Cover food loosely

- **Keep handy**

- Functioning fire extinguisher
- A stocked first aid kit