



# 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