**EQUIPMENT**

### Electricity and Appliances
- Keep appliances away from water, and never use appliances or power points with wet hands.
- Never put knives or other utensils in the toaster or into power point sockets.
- Replace any damaged plugs or fraying electrical cords.
- Ask your settlement worker for help if you do not know how to use an appliance.

### Stoves and Hotplates
- Use the back burners of the stove whenever possible – use large pots on the back burners and small pots on the front burners when all burners are being used.
- Never test the temperature of the stove or hotplate using your hand.
- Turn handles of saucepans away from the edge of the stove so that children cannot reach them and so that they cannot be bumped off the stove.
- Turn off burners when not in use – make sure the gas or electricity is switched off completely.
- Keep tea towels, dish cloths, curtains or loose clothing well away from stoves or hotplates, even after they have been turned off.

### Microwaves and Ovens
- Always use oven mitts with adequate padding or dry hot pads when handling hot dishes. Never use tea towels – they do not provide enough padding and are good heat conductors when wet.
- Remove the covering or lid from the far side of the heated dish so that steam rises away from you.
- Never put anything metal (cutlery, metal dishes, staples in bags, twisty ties) or use aluminium foil in the microwave as this will catch fire.
- Ask for help if you think the heated dish is too heavy to lift by yourself.

**SAFETY IN THE KITCHEN**

### KITCHEN ENVIRONMENT

#### Falls and Strains
- Wipe up spills immediately and keep the kitchen floor clear at all times to avoid slipping or tripping over objects.

#### Boiling water
- Turn down the temperature of the hot water to 50°C to avoid scalding.

#### Cleaning Chemicals
- Store cleaning chemicals away from food to avoid contamination and confusion with food items.

### YOUR BEHAVIOUR

#### Sharp objects
- Throw away chipped and cracked glass and crockery.
- Store knives properly – in a knife block, in a knife drawer, an allocated section of a cutlery drawer, or invest in a knife guard.
- Never leave a dirty knife in the sink to wash up later – wash immediately and return to the knife’s safe storage place.

#### Heavy Objects
- When lifting heavy objects, keep your back straight, bend at the knees and let the leg muscles do the lifting and not your back.
- Store heavy objects on lower shelves or at waist level and always use a ladder or a steady block to safely reach for high objects.

### CHILDREN IN THE KITCHEN
- Keep children (and their toys) out of the kitchen by keeping them in a playpen or use a safety gate.
- Never let children play with kitchen equipment or utensils.
- Ensure that cupboards with knives, sharp objects and cleaning chemicals are kept out of reach of children.
- When serving hot dishes, serve in the middle of the table and ensure that there is not a table cloth or placemat that they can grab and pull the dish onto themselves.