

EQUIPMENT



Electricity and Appliances

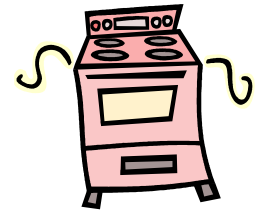
- ✓ Keep appliances away from water, and never use appliances or power points with wet hands
- ✓ Never put knives or other utensils in the toaster or into power point sockets
- ✓ Replace any damaged plugs or fraying electrical cords
- ✓ Ask your settlement worker for help if you do not know how to use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