



KITCHEN SAFETY TIPS

General Kitchen Safety Tips

- Check that the oven and other cooking appliances are turned off before leaving the kitchen.
- Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets if your hands are wet.

Knife Safety

- Always cut on a proper surface such as a cutting board.
- Keep the fingers of the hand holding what you are cutting curled, to protect the tips.
- Carry knife by the handle and point knife down to the ground.
- Keep blade pointed to the back or the front, not towards the body.
- If the knife starts to fall, let it fall. Do not try to catch a falling knife!
- Store in proper location such as a drawer or a knife block.
- Put knives that need to be cleaned beside the sink and away from the edge of the counter.
- Never put knives in the sink where someone washing might not see them.

Preventing Fires and Burns

- If you burn yourself, immediately hold the burned area under cool running water.
- Never put water on a cooking fire. Put out a fire with a fire extinguisher. If the fire is small, it can be put out with baking soda or be smothered with a lid. Leave the room immediately and call 911 if the fire has leaping flames.
- Use a pot lid to cover any pan with hot oil. Do not add water to a pan that has hot oil in it. It could make the oil splatter and burn someone.
- Keep paper towels, dish towels and pot holders away from the stove top so they don't catch on fire.
- Always turn pot handles in toward the back.

For more information, please contact: Stacey Wiens, Public Health Nutritionist, North Battleford, Lloydminster, Meadow Lake and Area, stacey.wiens@saskhealthauthority.ca

Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2017)