

# SAFETY IN THE KITCHEN

BEFORE COOKING, REMEMBER TO:

Ask an adult before you start cooking.

Tie back long hair.

Take off any jewellery that could get caught or dangle into things.

Roll up your sleeves.

Wash your hands – and wash them again after using the toilet, blowing your nose, touching the bin or touching raw meat or fish.

Ask an adult to help you use the oven, hob or any electrical equipment.

Wash fruit and vegetables if they are not going to be peeled.

Wash chopping boards thoroughly after use.

Push pan handles back – do not leave them sticking out when using the hob.

Be careful with knives. Ask an adult to help you choose a knife or get them to chop the food. Don't walk around carrying or waving a knife in the air.