Safety First – A visual guide

Savannah

Block B

**Two things to do incase of a Fire**

****

1. To use a fire extinguisher
2. Pour water onto the fire, unless it is an electrical fire then DO NOT POUR WATER ON THE FIRE!

**Two ways to treat Burns/Scalds**

****

1. Remove clothing or jewelry that may be in the way of the burn/scald
2. Place burn under running cold water, but do not apply ice

**Two things to remember when dealing with Chemicals**

****

1. NEVER mix chemicals together
2. Keep chemical away from heat in the kitchen

**Two ways to prevent Slips/Trips/Falls**

****

1. Always keep kitchen floor clean (i.e. No water, boxes, diches etc.)
2. Wear proper shoes, along with always having your laces tied.

**Two ways to treat/prevent cuts in the kitchen**

****

1. Always have all your attention on the knife and food while you are cutting
2. Keep knifes sharp

**Two things to remember when lifting heavy items such as a bag of flour**

****

1. Always lift with your legs and never your back
2. Take your time, do not rush. If you need a partner to help, just simply ask.

**Two ways to Prevent Food Poisoning**

****

1. Always wash your hands before eating
2. Keep raw meat separate from cooked and always keep a clean kitchen

**Two ways to properly use Waste Management**

****

1. Paper towels, timber and cardboard can all go into the compost bin, along with food scrapes of all kind.
2. Don’t put recyclables in garbage.

**Two ways to make sure you are staying hygienic while working in the kitchen**

****

1. Bath/shower regularly 1-2 times a day. Sometimes even 3 times.
2. Keep fingernails clipped and always keep your hands clean by washing with soap and HOT water.