

Kitchen Safety Tips

Kitchen safety . . . what a huge topic! It includes (among other things):

- Electrical and grease fires
- Scalding
- Food safety and preparation
- Cleanliness
- Handling hot items (water, hot pans, etc.)
- Electrical safety
- Handling small appliances safely
- Handling sharp objects safely
- Child proofing and well . . . you get the picture.



A part of good kitchen organization is planning and preparing for kitchen safety. This page will provide general basic safety information. I hope these kitchen safety tips will be useful.

28 BASIC KITCHEN SAFETY TIPS

1. Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections. This would include coffee makers, toasters, blenders, microwaves, mixers, etc.
2. Don't use extension cords. You can obtain a junction box that has built-in GFI (ground fault interrupters). This will allow you extra plug in space and the GFI will kick in if there is a power shortage. Helps avoid water/electrical shock accidents.
3. Get rid of any appliance that is broken or damaged. New ones are very inexpensive these days. If a new one would bust your budget, try garage and tag sales (just make sure you're not buying somebody else's broken appliance).
4. Put a childproof lock not only on the cabinets with your medicines and cleaning supplies, but also your oven.
5. Don't leave the kitchen with pots & pans cooking on the stove. Make sure to turn off burners as soon as you take the pot off.
6. Avoid wearing inappropriate clothing while cooking. That means loose sleeves and sweaters.
7. Keep dish towels, pot holders and oven mitts away from the stove.
8. Keep matches and lighters in high places where curious little hands can't reach them.
9. If using candles in the kitchen, don't leave the room (or home) while they're burning. Make sure they are in a safe place and are in flame proof containers.
10. Check furniture, curtains, dish towels, etc. to be sure they are not blocking heaters or vents.
11. Keep a fire extinguisher in or near the kitchen, but not near the stove or the heater.
12. In case of a grease fire, salt and/or baking soda will help if you do not have a fire extinguisher.
13. Keep emergency numbers handy – 911 is easy to remember, but phone numbers to Poison Control might take longer.
14. Scalding is one of the most common injuries in the kitchen. Make sure to turn pot handles away from the front of the stove and away from little curious hands.
15. Scalding can occur from hot steam as well. Be careful when lifting lids from hot food (including opening that hot bag of microwave popcorn)!
16. Handling Knives: (a) Always cut away from your body when using a knife. It can slip and cut you, (b) Always use a cutting board, (c) Protect your counter tops, (d) Keep blades sharp, (e) Keep knives clean (including handle) – slippery handles can cause injuries, (f) Don't put knives in a sink of soapy water – they may not be seen and accidents can occur, (g) Wash and dry carefully keeping sharp edge away from your hands, (h) Always lay them flat, never on the back or edge, (i) Don't attempt to catch a knife as it falls – better it hits the floor than cut your hand, (j) Wash knives with warm soapy water after each use.
17. Be sure appliances are unplugged before touching sharp edges (blenders, can openers, mixers, etc.).
18. Never stick a fork in a toaster to retrieve trapped toast – you may get shocking results.
19. Always be sure the blender is unplugged before touching the blades.
20. Be careful about sharp edges: scissors, broken glass, potato peeler, etc.
21. Never ever, ever leave cooking foods unattended – not even for a minute.
22. Casualness causes casualties – don't answer or talk on the phone while cooking – you can be distracted and injuries can result.
23. Clean up spills immediately – wet floors are slippery when wet.
24. Keep the kitchen floor clear of toys and other items.
25. Be certain that walking areas are always clear of toys and other items.
26. Keep young children out of the kitchen while cooking.
27. Always use a step-stool to reach high places.
28. Store cleaning supplies and all chemicals in a safe place. Use safety latches.

That's the end of our basic kitchen safety tips. For information on other articles related to kitchen safety tips, click on one of the links below.