# General Safety Guidelines
# Family and Consumer Sciences
# Nutrition and Foods

## I. Burns
1. Long hair should be controlled by use of a rubber binder.
2. Loose clothing should not be worn in the kitchen area.
3. Turn off range burners when not in use.
4. Use range tops for cooking purposes only.
5. Handles of cooking utensils on the range must be turned inward toward the center of the range.
6. Use hot pads when handling hot cooking equipment.
7. Know where to find and how to use safety equipment in the department.
8. Know how to safely turn on a gas range and how to correctly light a grill.
9. Understand and follow microwave and convection oven safety.
10. Practice safe use of electrical equipment.

## II. Falls
1. Clean up any spills on the floor immediately.
2. Use climbing equipment safely.

## III. Cuts
1. Practice safe use and care of sharp utensils.
2. Wash sharp utensils separately.
3. Use safety techniques for cleaning up and throwing away broken glass. Sweep up large pieces of glass and wipe up small pieces with several layers of wet paper towel.

## IV. Sanitation
1. Correctly store household chemicals such as cleansers, bleaches and polishes separately from food.
2. Use safe food handling techniques.
3. Wash hands with soap and warm water before each lab. Wash hands as you cook whenever you touch something unclean.
4. Wash dishes in hot, soapy water. Rinse in hot water.
5. Practice good personal hygiene.

## V. Other Kitchen Hazards
1. Keep doors and drawers closed when not in use.
2. Report to the teacher any hazardous conditions such as breakage or damage of equipment and spills.
3. Practice appropriate behavior for kitchen safety.

**All students must read the lab safety rules. Each is responsible for his/her own safety and the safety of classmates. Any action deemed unsafe or potentially dangerous by the teacher will result in dismissal from class, detention or other appropriate discipline.**

I understand and I will follow the above rules. I have read them to my parent/guardian.

_____          _____
Student's signature                                      Parent/Guardian's signature


_____ _____ _____          _____
Hour    Day          Date                                    Date