

# General Safety Guidelines for Family & Consumer Science Courses

## Sewing

1. Keep sewing machine cords away from your feet or chair legs.
2. Keep hands at a safe distance from the needle and presser foot when stitching.
3. While threading the needle, have the power off/and or your foot off the foot control.
4. Keep eyes on work when operating the machine.
5. Only one student permitted at the machine at a time.

## Equipment

### Pins:

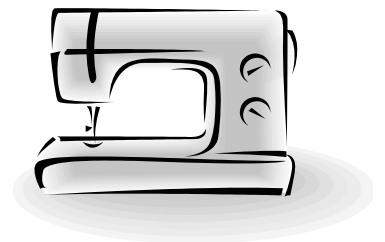
1. Keep pins and needles out of mouth.
2. Keep pins in pincushion or pin box.
3. Remove pins before needle reaches them.

### Scissors:

1. Avoid gestures when using scissors and other sharp equipment.
2. Pass the scissors with handles toward the other person.
3. Use a seam ripper for removing unwanted stitches.

### Irons:

1. Follow instructions when filling and emptying iron with water
2. Be sure hands are dry when handling irons.
3. Before you begin to press, always test the temperature of the iron.
4. Do not test iron temperature with your fingers or a drop of water.
5. Stand a hot iron on heel rest, not flat on ironing board.
6. Unplug the iron when not in use – pulling from the plug rather than the cord.



OVER→



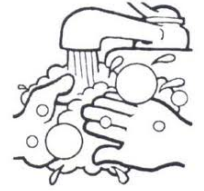
**Safety matters**



# **Foods**

## **Burns:**

1. Long hair must be controlled by use of a rubber binder.
2. Loose clothing should not be worn in the kitchen area.
3. Turn off stove and burners when not in use.
4. Use the stove tops for cooking purposes only
5. Handles of cooking utensils on the stove must be turned inward.
6. Use hot pads when handling hot cooking equipment.
7. Know where to find and how to use safety equipment in the department.
8. Understand and following microwave and oven safety.
9. Practice safe use of electrical equipment.



## **Falls:**

1. Clean up any spills on the floor immediately.
2. No climbing or sitting on countertops and/or tables.

## **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.

## **Sanitation:**

1. Use safe food handling techniques – to avoid food poisoning.
2. Wash hands with soap and warm water before each lab.
3. Practice good personal hygiene.

## **The following is to be understood and signed by each F&CS student and his or her Parent/Guardian.**

1. Report to the teacher any dangerous conditions such as damaged cords, plugs, outlets or burns.
2. Shoes must be worn at all times in lab.
3. Practice appropriate behavior for classroom safety.
4. Each student will be responsible for any damage that occurs to his/her equipment due to inappropriate use.
5. All students must read the 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. *Students must use caution when using all equipment.*



**Please sign and return this bottom portion indicating that you have read and understand the expectations listed above.**

Student Name (print) \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian's Signature: \_\_\_\_\_

Teacher \_\_\_\_\_ Grade \_\_\_\_\_ Class Hour \_\_\_\_\_ Day 1 or Day 2

If you have a food allergy please list it \_\_\_\_\_