



## High Yield Bakers....

# Safe Kitchen Check List

**Before you begin cooking and baking, review these rock-solid guidelines to help prevent burns, cuts and more.**

- Wash and dry hands thoroughly. (Wet hands slip and are unsafe with hot pans and electrical appliances!)
- Wipe up all spills immediately with paper towel, cloth or mop
- Keep trash off the floor and counters
- Walk, don't run
- Wear non-skid soles/shoes
- Tie back or cover long hair
- Roll up long sleeves
- Turn handles of pans toward center of stove so sleeves or people passing by won't catch on them and spill
- Keep cupboard doors and drawers closed unless in use
- Always use only **dry** hot pads or oven mitts. Heat goes through damp mitts.
- Place eggs in a small bowl to prevent them from rolling onto the floor before you can use them.
- Before preheating an oven, check to see if the oven racks are in the best placement. Move oven racks to the needed positions before heating.
- Let an adult help you with placing pans in and out of the oven if you are just beginning to bake.
- Oven, stove top or microwave: Open the door or lid a crack to vent some steam before looking.



When stirring or checking for doneness, tilt the lid away from you so steam is released away from your face



- Have a plan for where you'll go with a pan when you take it out of the oven or off the stovetop. Have cooling racks and counter savers in place.
- Unplug or turn off small appliances before attempting to dislodge or scrape down ingredients

### Knife safety:



- Always use a cutting board to protect the counter
- Select the correct knife for the job and cut into the cutting board—do not hold the food in your hand

Choose the correct knife for the job.

There are five basic types:

- **CHEF'S KNIFE**  
A chef's knife is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long. Choose a knife that feels good and balanced in your hand. The knife should have a full tang. This means that the blade should go all the way through the handle for the best wear and stability.
- **PARING KNIFE**  
Paring knives are generally 2-1/2-4" in length. The most often used knife in

the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks.

- **UTILITY KNIFE**

Utility knives are longer than paring knives but smaller than chef's knives, usually around 5-8" long. They are also called sandwich knives because they are just the right size for slicing meats and cheeses. I have several utility knives in my kitchen as 'extra' knives.

- **BONING KNIFE**

This knife has a more flexible blade to curve around meat and bone. Generally 4-5" long.

- **BREAD KNIFE**

Bread knives are usually serrated. Most experts recommend a serrated knife that has pointed serrations instead of wavy serrations for better control and longer knife life. I have two bread knives in my kitchen - a long 10" knife that's great for cutting whole loaves, and a 6" knife perfect for cutting sandwich buns. You must use a sawing motion when using a serrated knife.

- Keep knives sharp—sharp knives are safer than when dull
- Cut food away from your body. Use a cutting board for all cutting jobs—even if it's only a single apple.
- Wash knives and sharp objects separately from other utensils. Never place knives in sink filled with soapy dish water.
- Kitchen scissors are a great tool for snipping and cutting
- Store knives in special compartment or holder
- Never pick up broken glass with bare hands—sweep it into dust pan. Wipe floor with several thicknesses of damp paper towels and place in small bag. Then place in the trash can.

### **Preventing fire.**

- Keep a fire extinguisher in the kitchen. Be sure you know how to use it.
- Wear clothing that is not loose or drapes below your wrists.
- Keep hair tied back.
- Avoid leaving the kitchen if you have food cooking or baking. If you must, carry a timer with you to remind you to return on time.
- Always turn the oven or stove top to off when finished.
- Smother a grease fire with a tight-fitting lid. Never use water—it will spread it.
- Clothing on fire: remember stop, drop, roll to smother it.

### **Electric shock.**

- Avoid using any appliance with a frayed or worn cord.
- Dry hands well before using electric cords or appliances.
- Disconnect appliances by pulling out the plug, not by tugging on the cord. Unplug small appliances before cleaning.
- Keep portable appliances unplugged when not in use.
- Be sure an appliance is in the "off" position before plugging it in.
- Never insert metal utensils in electrical appliances that are plugged in.



Visit [www.homebaking.org](http://www.homebaking.org) for more resources and links to test kitchen information.