



# **SAFETY IN THE KITCHEN**

**DR. GREG AND LILY DEMONSTRATE HOW TO SAFELY NAVIGATE A KITCHEN!**

## **KITCHEN SAFETY TIPS**

**THE KITCHEN CAN BE A FUN YET DANGEROUS PLACE, SO HERE ARE SOME TIPS TO KEEP IN MIND FOR YOUR SAFETY!**

1. **WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS!!!**
2. **WEAR GLOVES WHEN COOKING FOR PEOPLE OUTSIDE OF YOUR HOUSEHOLD.**
3. **USE PROPER KNIFE SKILLS LIKE THE BRIDGE AND THE CLAW WHEN CUTTING AND CHOPPING YOUR FOOD.**
4. **WHEN CHOPPING UP MEAT AND VEGETABLES, USE SEPARATE CUTTING BOARDS TO PREVENT CROSS CONTAMINATION.**
5. **WHEN TAKING THINGS IN AND OUT OF THE OVEN, MAKE SURE YOU USE OVEN MITTS (WITHOUT HOLES!!!) TO PROTECT YOUR HANDS FROM HOT HANDLES AND POTENTIAL BURNS.**
6. **ON THE STOVE, KEEP POT HANDLES TURNED TO THE SIDE SO YOU DON'T ACCIDENTALLY BRUSH AGAINST THEM AND SPILL HOT FOOD ON YOURSELF OR OTHERS.**
7. **DON'T REACH OVER A HOT ELEMENT TO ANOTHER PAN.**
8. **PUSH YOUR SLEEVES UP WHEN COOKING AND MAKE SURE TO TIE LONG HAIR BACK.**
9. **METALS CONDUCT HEAT! METAL UTENSILS LEFT IN HOT POTS CAN BURN YOU - USE A WOODEN SPOON INSTEAD.**
10. **IN THE EVENT OF FLAMES, NEVER ADD WATER TO THE FIRE. INSTEAD, COVER THE FIRE WITH A LID TO DEPRIVE THE FIRE OF OXYGEN... OR AS LILY LIKES TO SAY, "YOU CAN ALSO USE A FIRE EXTINGUISHER!"**
11. **MAKE SURE TO ALWAYS HAVE ADULT SUPERVISION IN THE KITCHEN.**

**REMEMBER TO HAVE FUN AND DON'T BE AFRAID TO MAKE MISTAKES**

