

PROCEDURES FOR THE SAFE USE OF EQUIPMENT WITHIN THE FAMILY STUDIES FOOD LAB

Safety is an integral part of the family studies program. The physical appearance and organization of the lab should emphasize safety. Maintenance of all equipment must be done on a regular basis to ensure a safe working environment for all students and staff. Safety posters and other types of reminders should be evident throughout the classroom.

The following procedures are applicable to most family studies food labs. They will need to be adjusted to the particular classroom environments. All procedures should be discussed with students before the use of any equipment.

1. General Responsibility

The following suggestions will ensure that students work efficiently and safely. Students should:

- be familiar with the location and use of safety equipment.
- follow safety rules at all times; always follow the teacher's instructions; work efficiently, quietly and carefully.
- share responsibilities and work with others.
- keep work surfaces orderly; arrange utensils conveniently; crowding the work space causes confusion, spills and accidents; wipe up all spills immediately.
- practice good personal hygiene in the kitchen area; wash hands with warm water and liquid soap before working with food.
- wear shoes in the family studies room at all times.
- keep floor free from grease and water.
- refrain from running in the family studies room.
- use caution when reaching over or working beside an appliance that is in use.
- gather up broken glass immediately; put glass in a separate container beside the garbage pail.
- report all accidents to the teacher no matter how minor.
- take care when using recently cut tops of cans.
- remove loose fitting clothing, or secure in some way, especially sleeves.
- ask the teacher if they do not understand the safe procedure for using any electrical appliance or any other piece of equipment in the lab.

2. The Safe Use of Knives

- Place knives in drawer with cutting edge down.
- Make sure the knife handle is to the front of the drawer.
- Always use a cutting board.
- Choose the proper size and type of knife for the job.
- Always cut away from the body.
- Wash knives, one at a time, not with other tools and put them away as soon as you are finished.
- Wipe knives by moving the cloth from dull edge to the sharp edge.
- Hand a knife to another person with the handle facing them; a knife or any sharp tool should never be tossed.

- Only use a knife for its intended purpose: not as a screwdriver, hammer or can opener.
- Keep knives sharp; dull knives slip more easily than sharp ones.

3. Cookware

- Use cookware that is compatible with the size of the heating unit.
- Never fill cookware more than two thirds full to minimize the chance of slopping or spilling that may cause burns.
- Avoid steam burns by opening lids away from yourself.
- Keep handles of cookware turned inward on the range top.
- Always use oven mitts or pot holder on hot items – not aprons, dish towels or moist cloths.
- Put out grease fires by covering the pot with a lid or using baking soda or a fire extinguisher designed for grease fires.
- Stir hot foods with a wooden or specially designed plastic spoons.
- Do not reach over boiling or steaming liquids.

4. Microwaves

- Do not use metal containers or dishes with metallic trim in the microwave.
- Remove metal twist ties and metal covers or plastic storage wrap before cooking or defrosting.
- Do not use paper towels or cloths with contain synthetic fibre.
- Use oven mitts when handling dishes.
- Do not boil eggs in their shells.
- Do not allow the microwave to operate empty.
- Pierce all foods with nonporous skins before cooking (e.g., potatoes)
- Overcooking can cause dehydration and may lead to fire.
- Only use wraps (e.g., plastic) and containers intended for microwave use.

5. Appliances

- Keep electrical appliances and their cords away from water.
- Grasp plug (not cord) when removing from outlet.
- Turn off all electrical appliances when finished using them.
- Always dry hands before plugging or unplugging an electrical appliance.
- Disconnect electric appliance from the outlet, then from the appliance.
- Do not use frayed, cracked or torn electrical cords. Report these to the teacher for repair.
- Keep surfaces free of grease, particularly around the oven and stovetop.
- Keep clothing and cloths away from the stove top.
- Do not store flammable objects near the stove.
- Do not overload electrical outlets.

(Adapted from Metro Separate School Board Safety Manual, September 1993)