

**Activity 1****Preventing Kitchen Accidents****Safe and Unsafe Work Habits**

**Purpose:** To compare safe and unsafe kitchen work habits.

**Directions:** For each work habit listed below, state whether it is *safe* or *unsafe*. Write your response in the space provided to the left of each number. Then, if a work habit is unsafe, describe a safe alternative on the line following each work habit.

- \_\_\_\_\_ 1. Focus on what you are doing.  
\_\_\_\_\_
- \_\_\_\_\_ 2. Wear fashionable clothing.  
\_\_\_\_\_
- \_\_\_\_\_ 3. Tie back long hair and apron strings.  
\_\_\_\_\_
- \_\_\_\_\_ 4. Avoid wearing dangling pieces of jewelry and other items.  
\_\_\_\_\_
- \_\_\_\_\_ 5. Use whatever tool is conveniently handy.  
\_\_\_\_\_
- \_\_\_\_\_ 6. Close drawers and doors completely.  
\_\_\_\_\_
- \_\_\_\_\_ 7. Store large pots and other heavy or bulky items on high shelves.  
\_\_\_\_\_
- \_\_\_\_\_ 8. Store items wherever there is space in the kitchen.  
\_\_\_\_\_
- \_\_\_\_\_ 9. Put items back where they belong as soon as you finish using them.  
\_\_\_\_\_
- \_\_\_\_\_ 10. Control clutter.  
\_\_\_\_\_

# Activity 2

## Preventing Kitchen Accidents

### Cooking Outdoors

**Purpose:** To describe how to cook safely outdoors.

**Directions:** Describe the safety guideline for each item listed below. Write your answers in the space provided.

1. What state should your grill be in before you start to cook outdoors?

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2. What products should you use to clean the grill?

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3. What fire-prevention measures should you take when grilling outdoors?

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4. How should you safely use a charcoal grill or hibachi?

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5. The safest way to apply charcoal starter fluid is:

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6. What kind of gloves should you wear when grilling?

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7. The safest cooking tools to use when grilling are:

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8. How should you deal with flare-ups caused by fat and meat juices dripping onto the coals?

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9. What should you do with hot coals or ashes when you are done cooking with charcoal?

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# Activity 3

## Preventing Kitchen Accidents

### Kitchen Accommodations

**Purpose:** To summarize ways to make kitchens safe for children and people with physical challenges.

**Directions:** Read each statement below. Then complete the statement by filling in the correct word or words in the space provided to the left.

- \_\_\_\_\_ 1. It is crucial to be aware of children's safety at all times. Never leave small children \_\_\_?\_\_\_ in the kitchen, even for a few seconds.
- \_\_\_\_\_ 2. Protect toddlers by using \_\_\_?\_\_\_ \_\_\_?\_\_\_ on drawers and cabinet doors.  
\_\_\_\_\_
- \_\_\_\_\_ 3. If children want to help you prepare a meal, set up a(n) \_\_\_?\_\_\_ - \_\_\_?\_\_\_ table or a safe stepstool.  
\_\_\_\_\_
- \_\_\_\_\_ 4. Provide small utensils that children can handle for simple tasks, such as \_\_\_?\_\_\_ and mashing.
- \_\_\_\_\_ 5. Don't allow young children to use \_\_\_?\_\_\_ or work near the range.
- \_\_\_\_\_ 6. Supervise children at all times, and model \_\_\_?\_\_\_ work habits.
- \_\_\_\_\_ 7. Some changes can make it easier for people with poor eyesight, arthritis, and other physical challenges to use the kitchen safely. To help persons with poor eyesight, you can add \_\_\_?\_\_\_ or \_\_\_?\_\_\_ lighting.  
\_\_\_\_\_
- \_\_\_\_\_ 8. Use \_\_\_?\_\_\_ dishes and glassware to avoid broken glass.
- \_\_\_\_\_ 9. To help those with limited mobility, store frequently used tools and foods in \_\_\_?\_\_\_ - \_\_\_?\_\_\_ - \_\_\_?\_\_\_ places.  
\_\_\_\_\_
- \_\_\_\_\_ 10. To help those with poor eyesight, you can \_\_\_?\_\_\_ items in larger letters with stick-on labels and a marking pen.
- \_\_\_\_\_ 11. Put mixing bowls on a(n) \_\_\_?\_\_\_ dishcloth or round, rubber jar opener to secure them on the countertop during mixing.

**Activity 4****Preventing Kitchen Accidents**

## Preparing for Safety

**Purpose:** To explain how to prepare for and respond to accidents or emergencies in the kitchen.

**Directions:** For each situation listed below, describe how you would respond to the potential accident or emergency. Write your answers in the space provided.

1. A fall due to improper clothing:

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2. A dull knife:

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3. A knife left loose in a drawer:

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4. An unattended grater:

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5. A dirty knife:

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6. Built-up grease and bits of food in the corners of the burners:

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7. A hot sheet of cookies ready to come out of the oven:

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8. You smell gas:

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9. The cord on your appliance has an exposed wire:

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10. A bottle of bleach on the floor:

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