

Chapter 9 Kitchen Safety and Sanitation

9.1 Hand washing:

1. Prevents cross contamination
2. Wash with soap, for at least 20 seconds
3. Before touching any food
4. After going to the bathroom
5. After you touch any part of your body (scratching your head or face, blowing your nose, covering your mouth while coughing etc.)
6. When you switch from working with meat or dairy products (e.g. cheese) to vegetables and fruits, and vice versa

9.2 Equipment washing:

1. Use soap and hot water (the hotter the better)
2. Wash and clean as you go
3. Wash all the equipment that have been in contact with meat or dairy products as soon as you are done with them, and before using them with vegetables (and vice versa)
4. Rinse in hot water to make sure all the soap is rinsed off
5. If available, spray equipment with sanitizer liquid after rinsing, then allow to air-dry. (Towel drying may re-introduce bacteria back onto equipment surface)



9.3 Personal hygiene and safe dress code:

1. Do not prepare food for others if you are sick, including having a cold
2. Turn your head away from the food and other people when you cough or sneeze
3. Cover your mouth or nose with the crook of your elbow (Do the Dracula)
4. Wear covered shoes and pants
5. Tie back long hair
6. Remove wrist bands, bracelets, and dangling jewelry
7. Wear aprons when available
8. Remove apron before going to the bathroom

For cooking activities outside of home**9.4 Use powder-free disposable gloves:**

1. If hand washing facility is not available or
2. If you are serving the food you prepare to others
3. Change gloves when switching from working with meat products to vegetables and fruits and vice versa



9.5 Knife Skills & Safe Handling

Skilled and Safe Knife Work protects You and Others, and make you a better cook

Rule #1: Use a Sharp Knife

- A dull knife is more likely to slip and cause an injury
- If you do cut yourself, a sharp knife will result in a cleaner cut that is easier to care for and heals better



Rule #2: Don't Catch A Falling Knife

- Always keep your knife on the cutting board
- Make sure knife handles are not sticking off the edge of the table when they can be bumped
- If a knife falls off the table or out of your hands, **LET IT FALL** and get your feet/hands out of the way!



A falling knife has no handle!

Rule #3: Use the Right Knife

- Choose the right knife for the right job
- Using an incorrect knife can make your work harder and lead to injuries
 - Chef's Knife = Chopping, Mincing, Cutting large cuts of meat
 - Serrated Knife = Slicing bread, tomatoes or pineapple
 - Paring Knife = Peeling Fruit, Slicing small fruits/veggies
 - Cleaver = Cutting through bone or large cuts of meat
 - Boning = Filleting fish or de-boning chicken
- Your recipe will determine the best knife for the job

Types of Knife



www.visualdictionaryonline.com

Rule #4: Make your Cutting Board a Safe Working Environment

- Cut away from You
- Don't Rush! If the angle of a food is wrong, take time to reposition it OR turn your cutting board
- Stabilize your cutting board by putting a damp paper towel underneath it
- **Clean Space, Clear Mind:** Don't crowd yourself – clear your cutting board of debris and prepared foods



Rule #5: Watch What You Are Doing

- When you have a knife in your hands, keep your eyes on the blade
- Be aware of others around you that are using knives
- Never gesture or point with a knife!



Rule #6: Carry A Knife Properly

- Knives should be carried pointing straight down, and kept close to your body
- Communicate to others when carrying a knife by saying "Knife!"
- When handing a knife to someone, offer them the handle



Rule #7: Wash Knives Immediately

- **NEVER** put a knife in a sink full of soap bubbles and water (where it can't be seen)
- Always wash your knife immediately after using it
- Follow proper sanitation rules by washing, rinsing, sanitizing and air drying your knife



Rule #8: Cut On A Board

- Cut on a cutting board
- Do not cut on metal, glass or marble; these can damage the knife's edge and are more prone to slipping
- Never cut in your hand
- To prevent cross contamination, use color-coded boards – **RED** for **raw meat** and **GREEN** for **fruits and vegetables**



Using a Knife

Using a Basic Chef's Knife

- A sharp knife requires less effort
- A Chef's knife is designed for a **rocking motion**
- Cut by pushing the knife forward and pulling backward
- For better control, always keep one part of the knife in contact with the board



Holding A Knife

- Firm, but gentle grasp (knuckles should not be white)
- Hold entire handle (do not rest index finger on knife)
- Curl fingers under on non-cutting hand - knife blade should butt up against fingers to guide
- Choose one that feels comfortable in your hand



Safety Around the Stove

- Turn pot handles inward to prevent spills
- Never assume that a pot is cool
- Use oven mitts or pot holders to handle hot dishes
- Never leave food unattended on a stove
- Take care when uncovering a pot...steam burns
- Double check that all burners are turned off when finished cooking
- No horseplay around a stove



Kitchen Fire Safety

- ∞ Don't leave pot holders by burners
- ∞ Keep electrical cords away from hot surfaces
- ∞ Avoid loose fitting clothing while cooking
- ∞ Always give yourself a place to escape
- ∞ In case of a fire:
 - ∞ Know where your fire extinguisher is and how to use it
 - ∞ If pan is on fire, turn off heat and cover with lid
 - ∞ Never pour water on fire involving grease or try to carry it out
 - ∞ A fire blanket, extinguisher, or baking soda can be used to put out fire



Preventing Injury (Slips, Trips, and Falls)

- ∞ Be Aware of your surroundings
- ∞ Ask for help lifting heavy objects or reaching high shelves
- ∞ Plan ahead...don't rush
- ∞ COMMUNICATE when moving around in the kitchen
 - **“Hot pot!”**
 - **“Behind you!”**
 - **“Knife!”**
 - **“Coming around the corner!”**
- ∞ Keep floors clear of electrical cords and clutter
- ∞ Always clean up spills immediately

