

## Work Safety Questionnaire

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What is a hazard?

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2. List hazards that can be found in a kitchen.

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3. Have you ever had or seen a kitchen accident? Yes / No  
If Yes, describe? \_\_\_\_\_

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4. List some kitchen safety rules.

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# Hazard Sorting

Date: \_\_\_\_\_

Group Members:

\_\_\_\_\_

\_\_\_\_\_

Sort hazards from “Sticky Situations” Video into three types.

Physical	Material / Substances	Exposure Over Time

# Hazard Sorting

Date: \_\_\_\_\_

Group Members: \_\_\_\_\_  
\_\_\_\_\_

**SAMPLE**

Sort hazards from “Sticky Situations” Video into three types:

Physical	Material / Substances	Exposure Over Time
<ul style="list-style-type: none"><li>• scalds and burns from hot liquids or objects</li><li>• slips / Falls from debris on floor</li><li>• struck by objects</li><li>• cuts / amputations from knives, kitchen tools and equipment</li></ul>	<ul style="list-style-type: none"><li>• using unknown chemicals</li><li>• using wrong chemical</li><li>• exposure to toxic gases</li><li>• contact with acids</li><li>• flammables near heat</li></ul>	<ul style="list-style-type: none"><li>• loss of hearing from noisy equipment</li><li>• back Injury from improper lifting</li><li>• repetitive strain injuries</li></ul>

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Safe Kitchen Practices

Circle “T” if the statement is True or “F” if the statement is False.

- T F 1. Use towels to remove pans from the stove.
- T F 2. Be sure poisons are clearly labeled.
- T F 3. Keep pan handles toward the edge of the stove so they are easy to reach.
- T F 4. Touch the surface unit on the stove after use to be sure it is turned off.
- T F 5. Use electrical appliances with wet hands.
- T F 6. Wear long-sleeved garments to protect your arms when cooking.
- T F 7. Keep flammable material away from the stove.
- T F 8. Wash knives with the silverware when doing dishes.
- T F 9. Lift the lid off a pan on the stove so the opening is towards you.
- T F 10. When using a knife, cut away from you.
- T F 11. Smother a grease fire with a lid or baking soda.
- T F 12. Wipe up spills on the floor immediately.
- T F 13. Pour water on a grease fire.
- T F 14. Tie back long hair when preparing food.
- T F 15. Pick up glass slivers with your fingertips.
- T F 16. Place hot pans directly on the counter top.
- T F 17. Bacteria from spoiled food can cause headaches, cramps and diarrhea.
- T F 18. Run water when using the garbage disposal.
- T F 19. Put grease down the garbage disposal to dispose of it.
- T F 20. When stirring foods that are cooking on the stove, use wooden spoons.
- T F 21. Keep electrical appliances in good repair.
- T F 22. Use a chair or box to reach a high shelf.
- T F 23. Mix household cleaners if dirt is hard to remove.
- T F 24. The term “immersible” means the appliance can be dipped in water
- T F 25. Meats should be thawed on the counter top at room temperature.
- T F 26. Cut vegetables on the counter top.
- T F 27. Grasp the cord rather than the plug when removing the cord from an electrical outlet.
- T F 28. Bulging cans, mold, bubbles, or unusual smell may indicate spoiled food.
- T F 29. Cooking and storing food properly can protect people from food poisoning.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Safe Kitchen Practices Answer Key

Circle “T” if the statement is True or “F” if the statement is False.

- F 1. Use towels to remove pans from the stove.
- T 2. Be sure poisons are clearly labeled.
- F 3. Keep pan handles toward the edge of the stove so they are easy to reach.
- F 4. Touch the surface unit on the stove after use to be sure it is turned off.
- F 5. Use electrical appliances with wet hands.
- T 6. Wear long-sleeved garments to protect your arms when cooking.
- T 7. Keep flammable material away from the stove.
- F 8. Wash knives with the silverware when doing dishes.
- F 9. Lift the lid off a pan on the stove so the opening is towards you.
- T 10. When using a knife, cut away from you.
- T 11. Smother a grease fire with a lid or baking soda.
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- F 22. Use a chair or box to reach a high shelf.
- F 23. Mix household cleaners if dirt is hard to remove.
- T 24. The term “immersible” means the appliance can be dipped in water.
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- F 26. Cut vegetables on the counter top.
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- T 29. Cooking and storing food properly can protect people from food poisoning.

# Think Kitchen Safety

1. Keep hair away from eyes and face.
2. Remove jewelry or clothing that may come in contact with food or appliances.
3. Keep cupboard doors closed and chairs pushed under the table.
4. Only use kitchen equipment for the purpose intended.
5. Use a cutting board for chopping or cutting foods.
6. Wipe up water or spilled foods immediately from the floor and counter.
7. If glass breaks, use a broom, dustpan and a damp paper towel to collect the pieces.
8. Wash knives and sharp objects immediately and put away.
9. Run cold water while using the garbage disposal.
10. Never insert anything metal (knife or fork) into an electric toaster.
11. Use only strong, sturdy stools, ladders, or chairs when climbing to reach something
12. Keep knives sharp. A sharp knife is a safe knife.
13. Use a wooden spoon in glass mixing bowls.
14. Use a wooden spoon for stirring hot foods.
15. To remove lids from boiling pots, lifting the side of the lid that is away from your body first.
16. Turn pan handles toward the center of the range.
17. Use hot pot holders to pick up hot dishes. Never use aprons or towels.
18. Put hot baking dishes on a cooling rack.
19. Never turn on a burner with an empty pan on it.
20. Never walk away from a burner with oil or a fatty substance in the pan.
21. If using a gas range or oven, ignite the match before turning the gas on.
22. Smother a grease fire with a lid or use baking soda.
23. Know where the fire extinguisher and fire blanket are located. Know how to use them.
24. Make sure hands are dry before plugging a cord into an electrical outlet.
25. First plug the cord into the electrical appliance, then into the wall.
26. Be sure cords are not near a source of heat.
27. Use a rubber scraper with the electric mixer.
28. Grasp the plug rather than the cord when unplugging the cord from the outlet.
29. Unplug mixer before removing beaters.
30. Remove beaters from mixer before washing them.
31. "Immersible" electrical appliances can be dipped in water safely.

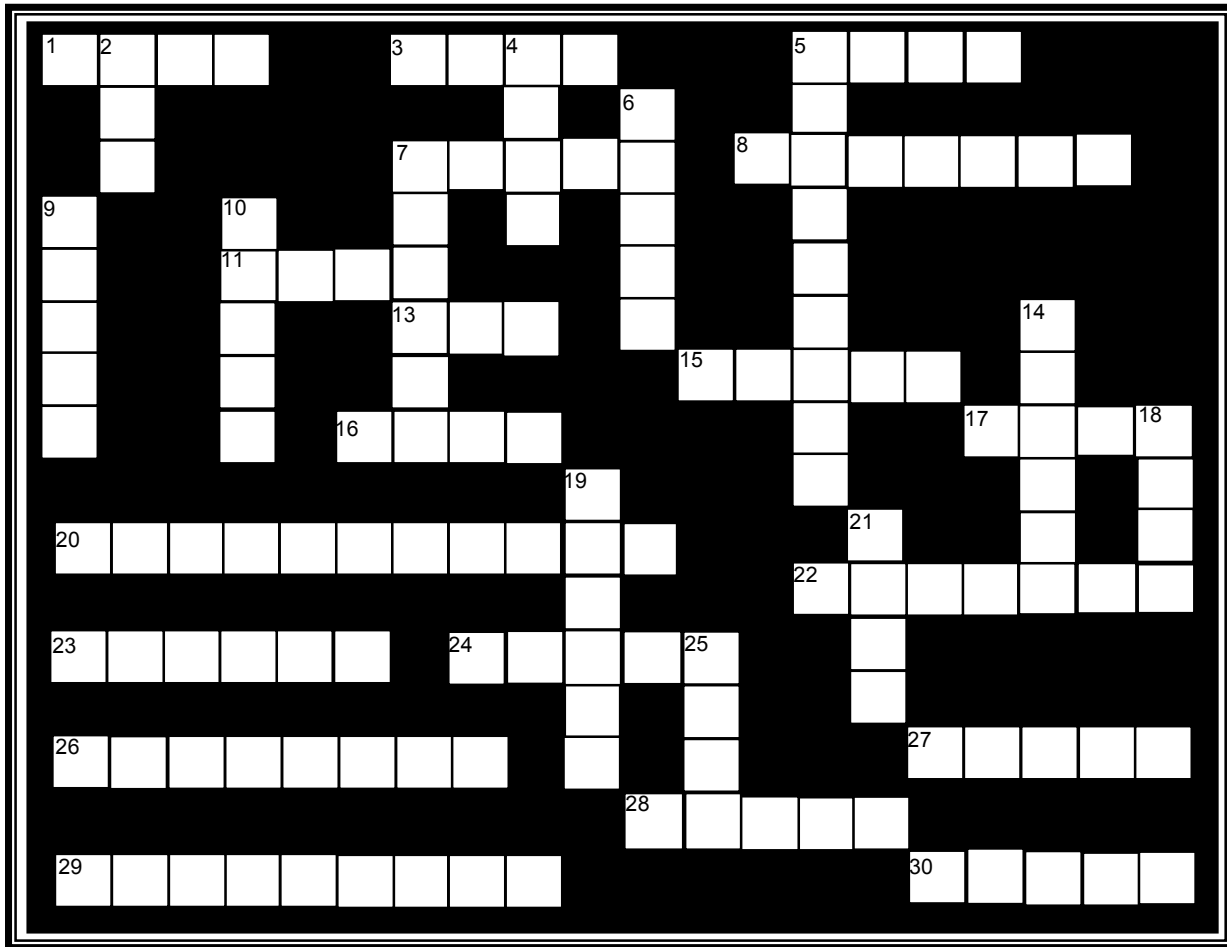
Name: \_\_\_\_\_

# Safety in the Kitchen

Date: \_\_\_\_\_

## Across:

1. Strike matches \_\_\_\_ from you.
3. Carry sharp objects with the point \_\_\_\_.
5. When connecting or disconnecting appliances, use the \_\_\_\_, not the cord.
7. Many accidents are caused by \_\_\_\_.
8. On a gas stove, never reach across a \_\_\_\_\_ burner.
11. Do not leave cabinet doors or drawers \_\_\_\_.
13. When you use an electrical appliance, be sure your hands are \_\_\_\_.
15. Never allow a \_\_\_\_\_ to be loose in a drawer.
16. Before you add a liquid to hot fat, remove pan from the \_\_\_\_\_.
17. A saucepan that is too \_\_\_\_ will boil over.
20. Wipe up spills \_\_\_\_\_.
22. When carrying hot liquids, keep them \_\_\_\_\_.
23. When \_\_\_\_\_ catches fire, turn off the range and smother with soda.
24. Never use a \_\_\_\_\_ or apron for a pot holder.
26. Remove \_\_\_\_\_ from foods you are deep fat frying, such as French fries.
27. Never place a \_\_\_\_\_ loose in the dishwasher.
28. When lifting the lid from a saucepan, lift the far side first so that the \_\_\_\_ will rise away from you.
29. Broken glass should be placed in several thicknesses of \_\_\_\_.
30. Use a cutting \_\_\_\_\_ to protect counter tops.



## Down:

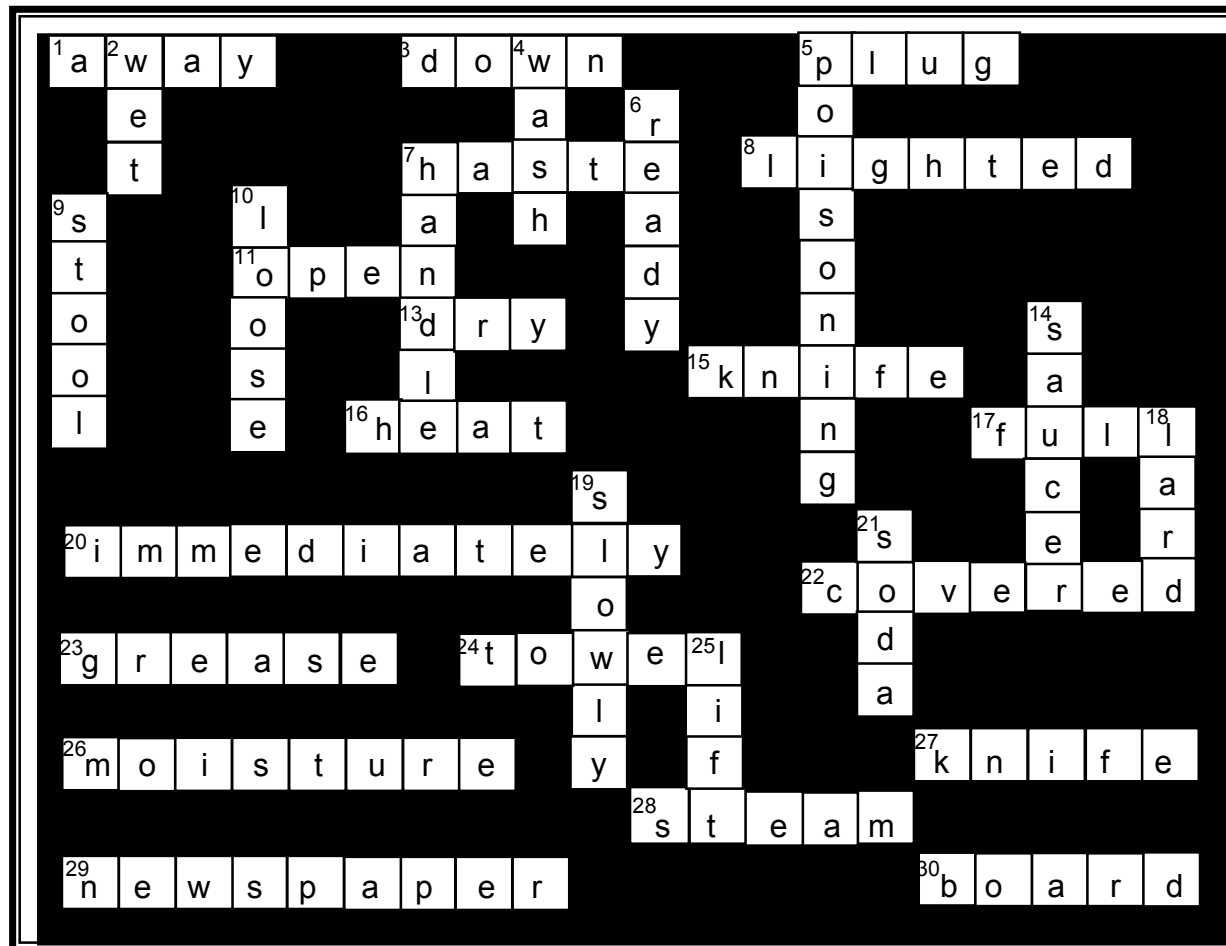
2. Do not plug in appliances with \_\_\_\_\_ hands.
4. Always \_\_\_\_\_ hands before cooking.
5. You can get food \_\_\_\_\_ from bacteria in spoiled food.
6. Do not turn on surface units until you are \_\_\_\_\_ to use them.
7. Turn the \_\_\_\_\_ of a saucepan toward the center of the range.
9. To reach something on a high shelf use a \_\_\_\_\_.
10. \_\_\_\_\_ handles may slip, causing a spill.

14. Keep tasting spoons on a nearby \_\_\_\_\_.
18. Animal fat.
19. Turn facets on \_\_\_\_\_, or you may get splashed.
21. When grease catches fire, turn off heat at once and smother with baking \_\_\_\_\_.
25. When taking the lid off a saucepan, \_\_\_\_\_ the far side of the lid first.

# Safety in the Kitchen Answer Key

## Across:

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