



# Stay safe in the kitchen

Page 1: a steady board, separate food and safe knives.



## 01 Stop the board slipping

Put a damp paper towel or non-slip mat under the chopping board.



## 02 Separate raw and ready-to-eat

Use separate boards, or wash and sanitise between foods.



## 03 Wash knives carefully

Hold the handle. Wash one knife at a time. Keep fingers away from the sharp edge.



## 04 Never put a sharp knife in the sink

Keep it visible on a safe surface. Wash separately, dry and store safely.

**Keep knives visible. Never leave a knife hidden in washing-up water.**



# Cook safely

Page 2: protect yourself from heat, spills and distractions.



## 05 Protect against heat

Use dry oven mitts.  
Watch for hot steam.



## 06 Pan handles away from edges

Turn handles towards the centre or back.  
Never over another hot burner.



## 07 Stay nearby and check

Watch cooking food. Use a timer. Switch off the stove when finished.



## 08 Clear spills straight away

Soak up spills with paper towel. Use a mop if needed. Bin wet towels and leave the floor dry.

**Hot pans and steam can burn. Take your time and ask for support if needed.**