

## Introduction

Health and safety are matters of critical importance in the kitchen. That's because even the simplest procedures, if carried out improperly, can result in illness or injury.

The colorful posters in this set offer brief kitchen safety tips. They are intended to reinforce your teaching of the most basic health and safety precautions that all cooks and homemakers need to remember.

Displayed on the walls, the posters serve as clear daily reminders of points you must continually bring to the attention of students—the proper practices needed to avoid the very real dangers of harmful bacteria, electric shocks, burns, cuts, and falls.

We hope that you will find this set a useful tool in helping your students to develop good habits and safety-conscious attitudes, not only for the cooking lab, but for later life as well.



# Contents

1. Wash Your Hands and Utensils
2. Food-Handling Tips
3. Keep Food at Safe Temperatures
4. Turn Handles Back
5. Use a Pot Holder and Lift Lids Away from You
6. Keep Burners Clear
7. Fry with Caution
8. Use Knives Carefully
9. Wash Knives Separately
10. Clean Up Spills
11. Use Appliances Safely
12. Rules for Microwave Safety

