

Safety in the Kitchen

Kitchens can be dangerous places, especially when someone is getting food ready. Remember these tips to keep you safe in the kitchen.



When a meal is being prepared, try to keep your pets out of the kitchen. It is easy to trip over them and someone could get hurt.

Always walk sensibly in the kitchen.



If you are going to help prepare food, make sure you wash your hands.

Before you start making things in the kitchen, wait for a grown-up to come and help you.

Never take electrical equipment, such as tablets and mobile phones, near water in the kitchen.



Ask a grown-up to help you reach things in cupboards.

Never touch hot objects or surfaces.

Never touch knives or other sharp objects you may see in the kitchen.

