


**Kitchen safety worksheets pdf**

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**Kitchen/Cooking Safety**

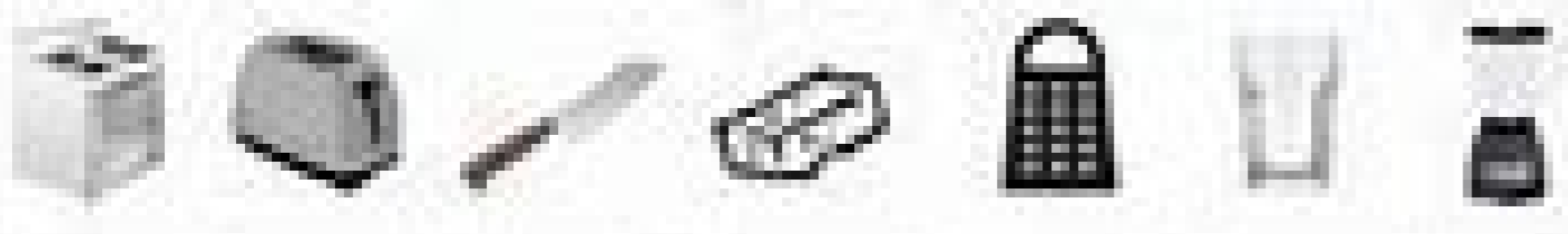
By Mrs. L. L. L.

Handwriting practice sheet with a grid and lines for writing.

# Kitchen Safety

Cooking can be fun, but your kitchen can be a very dangerous place. You are more likely to get injured or sick in your kitchen than any other room in your house.

All of the kitchen items below can cause injuries. Can you name each item below?

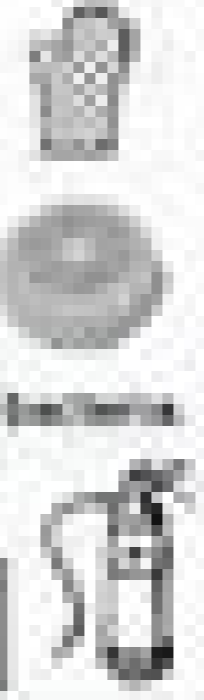


There are many accidents that can happen in the kitchen. Here are some of the most common.

- **Burns** - when a part of your body touches something that is hot causing injury.  
Name some things in your kitchen that can cause a burn.  
\_\_\_\_\_
- **Cuts** - an open incision wound made with a sharp-edged tool or object.  
Name some kitchen items that can cause a cut.  
\_\_\_\_\_
- **Falls** - moving downward without any control to the ground.  
Name some things in your kitchen that could cause you to fall.  
\_\_\_\_\_
- **Bacteria** - tiny organisms that live on food and unclean items in your kitchen.  
Name some items in your kitchen that could harbor bacteria.  
\_\_\_\_\_

Fill in the blanks on the sentences below that show how to prevent kitchen accidents:

1. Always use a \_\_\_\_\_ when removing hot items from the oven.
2. Make sure your smoke \_\_\_\_\_ is working.
3. Keep time to use your \_\_\_\_\_ so you do not cut yourself.
4. Clean up \_\_\_\_\_ quickly to prevent slipping and falling.
5. Wear \_\_\_\_\_ and safe clothes while cooking.
6. Wash your \_\_\_\_\_ after touching raw meats to prevent the spread of bacteria.
7. Have a \_\_\_\_\_ extinguisher handy to put out any kitchen fires.



shovel detector fire apron pants oven mitt gloves

## KITCHEN SAFETY

### Avoid Cuts



**Making that Cut . . .**  
These kids are cutting safely and always cut away from their hands.



**Safety First . . .**  
Don't touch a sharp object repeatedly or use tools that have sharp edges.

**A Clean Sweep . . .**  
Wipe up spills immediately. Use a wet paper towel for glass surfaces. Put broken glass into a heavy paper bag if you see the trash.



**Keep a Sharp Edge . . .**  
Always use a sharp knife when cutting. A dull knife is a safety hazard.



**Handle With Care . . .**  
Always use a sharp knife with care. Cutting a hand leads to a safety hazard.



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