

# Knowledge Organiser Life Skills: Accidents & Prevention

**Are you safe?**

**When is it important to wash your hands?**

**Is the kitchen, work surfaces and food equipment clean?**

**How should raw and cooked food be handled and stored?**

**How would you know how long these foods last?**

**How can you make sure that microbes do not multiply quickly?**

**Where should raw meat be kept in a fridge?**

**What should you do before you cook?**

**Where should these foods be stored?**

**Enjoy your food!**

BRITISH NUTRITION FOUNDATION



**Key Words includes:** Safe/safety danger/hazard injury

sharp spill/spillage electrical/electricity gas fire accident

emergency treatment germs/bacteria hygiene rules/law food poisoning equipment (various) consequence scenario

**Lessons in this topic will include:**

**Dangers in the kitchen equipment-**what could happen and prevention.

**Hygiene & Kitchen safety-** equipment safety

**Hazards-** learning to recognise potential hazards can help stop an accident or the risk of food poisoning.



**Did you know?** The British Red Cross & St John's Ambulance run free courses (in person & online)

<p><b>Wash Your Hands and Utensils</b></p> <p>Wash hands after:</p> <ul style="list-style-type: none"> <li>• touching or handling raw meat, poultry, fish, seafood, eggs, dairy products, or other animal products</li> <li>• touching your face, hair, or mouth</li> <li>• touching your eyes, nose, or mouth</li> <li>• touching your hands</li> <li>• touching your face</li> </ul>	<p><b>Food-Handling Tips</b></p> <ul style="list-style-type: none"> <li>• Wash all fresh produce thoroughly before eating.</li> <li>• Keep fresh meat from household cleaners and other chemicals.</li> <li>• Wash all fresh produce thoroughly before eating.</li> <li>• Wash all fresh produce thoroughly before eating.</li> </ul>	<p><b>Keep Food at Safe Temperatures</b></p> <ul style="list-style-type: none"> <li>• Refrigerate at temperatures below 5°C (41°F).</li> <li>• Refrigerate at temperatures below 5°C (41°F).</li> <li>• Refrigerate at temperatures below 5°C (41°F).</li> </ul>	<p><b>Use a Pot Holder and Lift Lids Away from You</b></p> <p>Use pot holders or lift lids away from you.</p>
<p><b>Turn Handles Back</b></p> <p>Knocking over a pot can spill boiling hot liquid on you.</p>	<p><b>Use Knives Carefully</b></p> <p>When using a knife, always cut away from your body.</p>	<p><b>Fry with Caution</b></p> <p>Cook greasy foods at medium or low heat. Make sure the oil is hot. When oil starts to bubble, turn the heat down.</p>	<p><b>Clean Up Spills</b></p> <p>Wipe up any spills on food immediately. Use a clean cloth to wipe up any spills.</p>
<p><b>Wash Knives Separately</b></p> <p>Wash knives separately in a sink or dishwasher.</p>	<p><b>Use Appliances Safely</b></p> <p>Use only one appliance at a time in the kitchen.</p>	<p><b>Keep Burners Clear</b></p> <p>Keep the burners, pans, and other items clear of the stove.</p>	<p><b>Rules for Microwave Safety</b></p> <p>Do not use the microwave to heat liquids.</p>