



Kitchen Safety When Preserving Food

Food preservation information usually addresses the safety of the preserved food. However, the preparation of home preserved foods also provides opportunities for injury in the kitchen.

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Knife Safety

Knives become dangerous when they are used and cared for incorrectly.

- A sharp knife is the safest knife because it requires the least pressure to do its job.
- Keep knife blades and grips clean.
- Wash knives separately—never place a knife in dishwater because it can injure an unsuspecting

dishwasher when it is not seen.

- Point the cutting edge away from the hand when wiping blades.
- Lay knives flat and away from counter edges.
- Do not try to catch a falling knife—pick it up after it has fallen.
- Have a designated storage area for knives that is separate from other utensils and where the knives are individually visible.

Safety around the Stove

- Stoves can be a source of fires and burns.

- Never allow pan handles to extend over burners.
- Protect children.
- Avoid pan handles extending over the edge of a stove where a child might grab hold of it and pull the hot contents down upon himself.
- Keep hot dishes and pans out of the reach of children.
- Use **DRY** oven mitts or potholders.
- A damp or wet potholder against a hot object will create steam causing serious burns.
- When lifting lids, direct steam away from yourself.
- Keep napkins, towels, plastics, and paper products away from the range or stove.
- Avoid curtains near a stove.
- Never turn on a burner without a pan on it.
- Be aware of the heat from an empty burner after it is turned off such as when you remove a pressure canner from an electric burner for the cool down process.
- Match the size of the burner to the size of the pan to avoid exposed red hot coils or surfaces.
- Never allow the flames of a gas burner to go up the sides of a pan.
- Avoid wearing loose fitting clothes and dangling sleeves or jewelry that could get caught in appliances or brush against a burner and catch on fire.

Kitchen Fires

What would you do in the event of a kitchen fire? Think about possibilities now so that you don't lose precious time if the real thing ever happens.

- Turn off the electricity or gas feeding the fire, but only if it can be safely done.
- If a pan is on fire, cover the fire with a tight-fitting lid. This should be done only if the fire is small.
- Never pour water on a pan fire involving grease; don't try to carry it to the sink or outdoors.
- If the above methods have failed, use a fire blanket, fire extinguisher or baking soda to put out the fire.
- When using a fire blanket, cover your hands with it and gently throw the blanket over the fire.
- Fire extinguishers should be sprayed at least one yard from the fire and aimed directly above the fire in the vapor area. Test the extinguisher before approaching

the fire. Sweep it from side to side until the fire is out.

- Baking soda should be sprinkled or thrown onto the fire.