

Food Labs Safety Guidelines

1. Always ensure that you have been properly trained on a piece of equipment before you use it!
2. Always leave personal electronic devices in your locker.
3. Be sure to wash your hands with soap and water and put on your kitchen uniform before entering the foods lab. Remove any dangling jewellery.
4. Always assume that handles, baking sheets and lids are hot. Use oven mitts when handling these items. Angle a lid away from you when removing it.
5. Follow all instructions from the teacher. When in doubt, ASK!
6. Keep hands and clothes away from open flames.
7. Always use timers when baking or using the ovens.
8. Follow all knife handling instructions.
9. Clean up spills as quickly as possible. For large spills, use the buddy system.
10. Begin your foods project only when instructed to do so.
11. Do not eat or drink in the foods lab.
12. Be sure that the hoods are on before turning on any equipment.
13. Report any injury, no matter how small, to the instructor immediately.
14. Know the locations of the safety equipment in the foods lab.
15. Move safely in the lab. Communicate with those around you when moving with sharp or hot objects.
16. Wash, sanitize and return all equipment when finished with it.
17. Be sure all surfaces you are working on are clean.
18. Always use a cutting board, never cut on counters.
19. Never throw anything in the food lab.
20. Knock before exiting the walk in fridge so you do not hit anyone with the door.

Have fun and work safely!