

Kitchen Safety



C1063

The kitchen is one of the busiest rooms in your house, unfortunately it is also one of the most accident-prone!

Knives, stoves, boiling water, cupboards, slippery floors and cleaning products cause thousands of nasty injuries or accidents a year.

However, it is easy to reduce the chances of you or your family getting hurt while they're in the kitchen. Here are a few helpful tips.

Cupboards and Drawers

- Keep cupboards closed so that you don't walk into them, and keep drawers pushed in so children can't climb on them.
- It's a good idea if you have littlies in your home to consider cupboard and draw safety latches to keep items that may cause injury or accidents out of reach.
- Keep all medicines, detergents and harmful products high out of reach or in a secure cupboard or drawer.



Knives and Sharp Utensils

Keep all sharp objects out of reach of children. Keep knives out of reach of small hands by storing on a magnetic strip, a knife block or in locked drawers.

Always be careful when using knives, and keep them sharp - sharp knives are less likely to slip and cut you.

Wear closed toe shoes in case you drop a knife or hot liquid on your feet.

Stoves and Cooking

- Turn pot handles to the back of the stove so they can't be easily pulled or knocked off.
- Secure the stove to the wall so it won't tip if a child climbs up on it.
- Keep curtains, or anything else that could burn such as dishtowels, well away from the stove so they can't catch fire.
- Keep a wall-mounted fire extinguisher handy and make sure you know how to use it.
- Always use an oven cloth when handling hot saucepans and oven dishes, and make sure it's dry - heat travels through a wet cloth very quickly.
- Always stay in the room when you're cooking, especially when you're frying, and keep the stove, oven and grill clean - grease build-up could be a fire hazard.
- Take your time in the kitchen. So often we're rushing around cooking meals and that's when injuries happen. Slow down and be safe.
- Turn the oven off at the wall after you have finished cooking.

Slips, Trips or Falls

- Wipe up any spills as soon as they happen as water on tiles or lino can be very slippery.
- Make sure the floor is always kept clear to avoid tripping.
- Try to keep pets and small children out of the kitchen as much as possible.

Electrical Cords

- Check your appliance cords regularly to make sure they haven't frayed or burnt, and keep them well away from the stove.
- Never leave a cord hanging over the edge of a bench where a child could pull the appliance down on themselves.
- When appliances aren't in use, turn them off at the wall.