Kitchen Safety: Tips on How to Stay Safe in Your Kitchen

- SARTAC presents resources on how to teach others to be safe in your kitchen while cooking.
- Watch short videos demonstrating safety skills to use in the kitchen.
- Consider make your own videos about cooking and kitchen safety.
Sean and Marley's Cooking Show

https://www.youtube.com/watch?v=GKRqhvmGzg0&t=9s
A Short Video on Food and Kitchen Safety

https://www.youtube.com/watch?v=iAJviCO5VuA&t=61s
Kitchen Safety Tips

- **Use Timers** when cooking to avoid burning your food
- **Turn Pot Handles Inward.** You will not bump into them and causing accidents
- **Take Regular Breaks** if it is hard for you to stand up for a long time.
- **Store Sharp Objects Safely.** This helps to prevent getting cut.

Adapted from [https://www.ctbraininjury.com/post/kitchen-safety](https://www.ctbraininjury.com/post/kitchen-safety)
- Use Easy-Grip Utensils. The ones made of silicone do not get hot.

- Avoid Rushing: Rushing can lead to accidents! Take your time.

- Do Not Leave Cooking Unattended: Always keep an eye on what you are cooking. You will be surprised how quickly something can catch on fire.

- Remove Clutter from Cooking Area: Keep counters clear. Put away food after you use it. Too many items can cause accidents.

Adapted from https://www.ctbraininjury.com/post/kitchen-safety
Stay Focused on the Task: Concentration is key to kitchen safety.

Know Your Limits: Don't push yourself too hard; ask for help when needed.

Use Oven Mitts and Pot Holders: These protect from burns when handling hot dishes.

Be Cautious with Hot Liquids: Hot liquids can cause severe burns if spilled.

Adapted from https://www.ctbraininjury.com/post/kitchen-safety
● Don't pour water on a grease fire. Instead, cover it with a metal lid or use baking soda.

● Keep electrical appliances away from water to prevent electrocution.

● Make sure the kitchen has good lighting to prevent mistakes and accidents.

● Use a kitchen chair or wheelchair with locking wheels to keep stable when cooking.

Adapted from https://www.ctbraininjury.com/post/kitchen-safety
Accessible Chef

This website has recipes that use pictures for all the steps. It also has other resources to help teach cooking skills to individuals with disabilities.

https://accessiblechef.com/project/adaptive-cooking-tools/
SAFETY TIPS in the Domestic KITCHEN

https://www.youtube.com/watch?v=pN1ceqRxo6c&t=3s
Links to More Information on Teaching Cooking

Teaching Authentic Cooking Skills to Adults With Intellectual and Developmental Disabilities: Active Engagement


https://enablingdevices.com/blog/8-cooking-hacks-for-chefs-with-disabilities/

https://disabilityconnect.org/Stories-from-the-newsletter/8714774

https://community.lincs.ed.gov/group/29/discussion/teaching-art-cooking-people-special-needs