



Planet ThinkSafe

At Home – Kitchen

SAM will show you some common hazards in the kitchen and tell you what to do to help make them safer.

You need to be careful in the kitchen too, and watch out for hot and sharp objects. You will need your parents or an adult to help keep things safe.

When you are in the kitchen watch out for:

Spot the hazard	Assess the risk	Make the changes
Poisons such as cleaning products, dishwashing liquid or insect sprays	Can make you very sick, hurt your eyes or cause skin burns or rashes	Put them away out of reach of children or in childproof cupboards.
Saucepan and kettles with hot or boiling water Handles of saucepans facing out on the stove	You could get bad burns or scalds	Keep hot saucepans and kettles away from the edge of the stove or bench. Turn saucepan handles and kettles away from the edge. Ask an adult to move hot pots, pans and kettles for you.
Bread gets stuck in electric toaster	You could get an electric shock if you use another object to get it out.	Turn the toaster off at the power point and pull the plug out. Ask an adult to help you remove the bread that is stuck. Never put another object into a toaster to remove something that is stuck.
Microwave, oven, dishwasher or other large objects not firmly fixed in place	If not firmly fixed they could fall onto you and cause bruises or other injuries.	Ask an adult to make sure they are firmly fixed in place. Open doors gently, with an adult watching, and never pull on objects.
Knives and other sharp objects	You could get a nasty cut.	Do not walk around when holding knives or other sharp objects. Never leave these objects in a sink that has water in it. Put these objects out of reach of children or in childproof cupboards.
Matches or other things to light the fire	You could get burnt and/or cause a fire.	Only use when an adult is watching. Strike the match away from yourself. Put matches away out of reach of children or in childproof cupboards.
Plastic bags or plastic wrap	They can cause suffocation	Put plastic bags/wraps out of reach of children or in childproof cupboards.
Damaged electrical cords or loose plugs	Could cause an electric shock	Ask an adult to check that cords and plugs on electrical appliances are in good condition.