

# The Little Sous Chefs

# KITCHEN SAFETY

Be smart. Be careful.  
Be **safe** in the kitchen!



## 1 WASH YOUR HANDS

Wash your hands with soap and water before and after cooking.



## 2 ASK AN ADULT

Always ask an adult for help before using knives, the stove, oven, or sharp tools.



## 3 STAY AWAY FROM HEAT

Hot stoves, ovens, and appliances can burn. Stay back and let an adult handle them.



## 4 USE TOOLS SAFELY

Use kitchen tools for their job. Carry sharp items pointed down and away from your body.



## 5 KEEP YOUR SPACE CLEAN

Wipe up spills right away and keep counters and floors clear to prevent slips and falls.



## 6 HANDLE FOOD SAFELY

Keep food covered, store it properly, and check dates. Don't taste raw dough or batter.



## 7 FOCUS ON THE TASK

No running, horseplay, or using phones. Pay attention so accidents don't happen.



## 8 KNOW WHAT TO DO

Tell an adult right away if there's an accident or something breaks. It's always better to speak up!

