



Food Safety

- Keep long hair tied back
- Remove dangling jewellery, watches, & rings
- Wear an apron (recommended)
- Do not cook when unwell
- Cover any cuts and wounds with a band-aid
- Wash your hands:
 - Before touching food
 - Before and after eating
 - After using the bathroom
 - After coughing, sneezing, blowing your nose, or touching your hair or face

Knife Safety

- Use the right knife for the job and make sure it's sharp.
- Dry your hands before using a knife to prevent it from slipping.
- Use a cutting board or flat surface. Put a damp cloth under cutting boards to prevent it from sliding.
- Curl your fingers and cut away from your body.
- If you are interrupted when using a knife, place the knife down, do not continue cutting while distracted.
- Don't use knives for other purposes (i.e., to open bags, boxes, cans, etc.)
- When carrying a knife, keep it to your side with the point down and cutting edge away from you.
- When passing a knife to someone, put the knife down on a clean work surface and let them pick it up.
- Don't try to catch a knife if it falls.
- Don't leave knives near the edges of tables.
- Store knives securely, blade down, in designated areas.
- Do not drop put a knife in a sink full of water. It is dangerous to search of the knife.

Let's Get Cookin'!