**Safety Rules and Guidelines**

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| **Electrical Appliances:**1. Use \_\_\_\_\_\_\_\_\_\_\_ hands.
2. Stand on a dry floor.
3. Keep appliances \_\_\_\_\_\_\_\_\_\_\_\_\_\_ from water.
4. Plug removable cords into the appliance first and then plug into the power source.
5. In case of electrocution, turn off the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (power breaker) before touching the person or the appliance.
 | **Avoiding Burns:**1. Keep clothing \_\_\_\_\_\_\_\_\_\_\_\_\_\_ from direct heat.
2. Avoid paper/plastic on or near the stovetop.
3. Use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for handling hot pans. (Including microwave cooking.)
4. Lift lids on hot foods \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from you and your face. Direct the steam away.
5. Turn pan handles toward the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the stovetop.
6. First-aid for a first degree burn is to run the burned area under \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. To Extinguish a grease fire:
	* Cover with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	* Smother with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	* Use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ extinguisher.
8. NEVER use on a grease fire:
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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| **Knife Safety:**1. \_\_\_\_\_\_\_\_\_\_\_\_\_ knives are safer than dull knives.
2. Store knives with a safety guard over the blade or in a knife block/rack.
3. First-aid for a severely bleeding cut is to apply \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ over the wound. Very deep cuts may require medical attention.
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| **Cleaning Supplies and Chemicals:**1. Store cleaning supplies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from food in designated areas, equipment, utensils, linen and single-use items in a designated area.
2. Keep cleaning chemicals in their \_\_\_\_\_\_\_\_\_\_\_\_\_\_ containers or have them clearly labeled.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ mix cleaning supplies.
4. Combinations like ammonia and bleach will produce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
 | **Avoiding Tripping/Falling:**1. Clean up spills as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as they happen.
2. Use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to reach things in high places.
3. Store heavy items on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ shelves.
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