**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:    * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **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. |
| **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. |