

Now for those Important Children's Safety Rules...

Home baking is great fun, but it is also important to be safe in the kitchen.

There are many potential hazards to be aware of so here are some useful tips for keeping safe.

Heat: Baking usually requires you to use an oven and sometimes a stovetop.

Action for Parents: Be aware of the stovetop and the oven door if they are in use. Use oven gloves or cloths to remove hot pots from the stovetop or baking pans from the oven. Be careful of steam or hot air when you open the oven door. Place hot food on a stable, heat resistant surface.

Spills: if you spill ingredients on the floor

Action for Parents: clean up immediately to avoid slipping.

Clothing: Falling objects and spills

Action for parents: It's a good idea to wear an apron and closed shoes when you are baking. This will keep your clothes clean and your feet safe from falling objects or spills. It's also a good idea to keep your hair tied back away from your face to prevent it from falling into the food you are making.

Sharp implements and equipment: Baking often requires the use of knives, beaters, mixers and other implements and equipment which could be dangerous. Be aware when using sharp knives.

Action for parents: Never put your hand into a mixer or any other equipment that is turned on or moving. Make sure your hands are dry before touching electrical switches. If you do cut yourself, clean the wound and apply a plaster before continuing to bake.

Storage: Store your baking ingredients and equipment in such a way that they are easy to reach and will not fall on you or anyone else.

Action for parents: Keep ingredients covered, preferably in a sealed container, to keep them fresh and free from contamination.

Equipment Safety

Baking and cooking are way more fun without accidents! But the kitchen is one of the most dangerous places in the home. Here are some tips to help keep your group safe in the kitchen:

Fire safety: Fire hazards include tea-towels (make sure they're always hung up away from the oven), sockets (never touch them with wet hands;

Action for parents: Ideally, use socket covers whenever you don't have something plugged in); and saucepans on the hob. Make sure you know where the fire extinguisher is located, in case of a pan fire.



Oven and hob safety:

Action for Parents: Wear an apron to protect yourself against splatters from the hob. If you need to use the oven or hob, ask an adult to help. If you're melting chocolate or boiling anything, be very careful and don't lift the pan. Make sure all saucepans have their handles pointing inwards (away from the edge of the hob).

High temperature safety:

Action for Parents: If you need to lift something that might be hot, use a dry oven glove – never use a wet cloth, because it will get hot more quickly! Liquids boil at around 100 degrees C, but fat (like butter and cooking oil) reaches higher temperatures and sugar also gets very, very hot. Don't forget that steam can be really hot too – so take care with a steaming pan. If you have cooked something with lots of sugar in it, be very careful to let it cool thoroughly before tasting.

Electric safety: Electric appliances often have dangling wires

Action for Parents: These must be kept out of the way in a busy kitchen. Make sure that wires are never hanging over the worktop or obstructing a cabinet door.

First AID

Cut or Scrape

Act Fast: If there's bleeding, first press firmly over the site with a clean cloth until it stops, anywhere from three to 15 minutes. Clean under lukewarm running water and gently pat dry. When a wound is dirty or was caused by an animal scratch, rinse it with water and gently lather with soap. If the skin is broken, apply a thin layer of an over-the-counter antibiotic ointment (like Neosporin or Bacitracin), then cover with a bandage or gauze and adhesive tape. If you can't control the bleeding after several attempts with direct pressure, call your pediatrician or 911, or head to an E.R. If a large piece of skin has been removed, wrap it in a clean, moist cloth and place it in a bag over ice—a doctor may be able to reattach it. An animal bite that has caused a deep cut should be seen by a doctor.

Follow-Up Care: Dab on the antibiotic ointment and apply a new bandage daily (or twice daily, if it's a large or deep wound) until the cut heals, so your child can't pick at it. If it appears to be forming or draining pus or becomes swollen, tender, or red, see a doctor right away to treat the infection. After the wound heals, slather on SPF 30 until it starts to fade, because newly healed skin can sunburn more easily, making any eventual scar more noticeable.

Burn

Act Fast: Immediately hold under cool running water or apply a cold, wet towel until the pain subsides. Cover any small blisters with a loose bandage or gauze and tape; call a doctor as soon as possible if burns are on the face, hands, or genitals, or if they're larger than 1/4 inch anywhere on the body. If the burn looks deep—the skin may be white or brown and dry—go to the E.R. For a burn covering a tenth of the body or more, don't use cold compresses; call 911 and cover the child with a clean sheet or a blanket to prevent hypothermia until help arrives.

Follow-Up Care: Don't pop any blisters yourself. If the skin breaks, apply an antibiotic cream and cover the area with a bandage or gauze and tape until it's healed. Watch for any redness, swelling, tenderness, or discharge—all signs of infection.

Did You Know? Scalds, from hot foods or liquids, are the most common burn injury in children ages 6 months to 2 years.

HAVE FUN WHILST KEEPING SAFE!

DISCLAIMER

- During this current time due to Covid this event is being carried out with your consent in your home.
- At registration your consent clearly outline rules of supervision to your child/ children, they **MUST** be supervised for all the activities.
- Activities are taking place in your home and it is therefore your responsibility to ensure that your children are safe.
- We have shared these guidelines as we have identified risks in the carrying out of this particular activity, please therefore familiarise yourself with the safety information.

PLEASE NOTE

You will not be permitted to participate in this activity if you have not confirmed reading and putting in p/ace the necessary actions to carry out this activity. Your Instructor will check before you start.

In the event of injury / accident during your participation in this activity the South England Conference Area 8 Co-ordination team does not accept any liability.