SAFETY IN THE KITCHEN

BEFORE COOKING, REMEMBER TO:

☐ Ask an adult before you start cooking.
☐ Tie back long hair.
☐ Take off any jewellery that could get caught or dangle into things.
☐ Roll up your sleeves.
☐ Wash your hands – and wash them again after using the toilet, blowing your nose, touching the bin or touching raw meat or fish.
☐ Ask an adult to help you use the oven, hob or any electrical equipment.
☐ Wash chopping boards thoroughly after use.
☐ Push pan handles back – do not leave them sticking out when using the hob.
☐ Be careful with knives. Ask an adult to help you choose a knife or get them to chop the food. Don’t walk around carrying or waving a knife in the air.

Visit wcrf-uk.org/eat-move-learn for more information

Registered with the Charity Commission in England and Wales (Registered Charity No. 1000739).
© 2023 World Cancer Research Fund.