

## Kitchen Safety Test

Name \_\_\_\_\_

Part A. Multiple Choice. Choose the correct answer to each question or that correctly completes the phrase. Place the letter corresponding to the answer in the blank in front of each question or phrase.

\_\_\_\_\_ 1. Major causes of kitchen accidents include all of the following EXCEPT:

- A. Burns from hot grease
- B. Cuts from dull knives
- C. Paper cuts
- D. Slipping on wet floors

\_\_\_\_\_ 2. Which of the following safety procedures can help prevent burns?

- A. Filling containers of hot liquid to the top
- B. Lifting covers away from face to let steam escape
- C. Turning pan handles towards the edge of the stove
- D. Wearing loose-fitting clothes

\_\_\_\_\_ 3. Hot fat may splatter and cause burns on hands and face IF:

- A. drops of water get into it
- B. a liquid fat is used
- C. too little fat is used in hot pan
- D. you remove a lid too quickly

\_\_\_\_\_ 4. The best reason for pinning long hair back away from the face is:

- A. it may catch on fire
- B. it may get in the food
- C. it looks better
- D. it is easier to work

\_\_\_\_\_ 5. Remove hot pans from the oven with:

- A. a dishcloth
- B. a pot holder or mitt
- C. a dishtowel
- D. any of the these are safe to use

- \_\_\_\_\_ 6. When plugging a cord into an appliance, you should:
- A. plug the cord into the outlet, then into the appliance
  - B. plug the cord into the appliance, then into the outlet
  - C. plug the cord into the appliance and the outlet at the same time
  - D. any of these are safe practices
- \_\_\_\_\_ 7. If food cooked on the stove catches fire, you should:
- A. throw water on it
  - B. carry the flaming pan to the sink
  - C. put the fire out with an extinguisher or throw salt or baking soda on it
  - D. either A or B
- \_\_\_\_\_ 8. When cleansing kitchen counters, to kill the most strains of bacteria, it is best to use:
- A. hot soapy water
  - B. baking soda and water
  - C. bleach and hot water
  - D. all of the above are equally effective
- \_\_\_\_\_ 9. When slicing tomatoes for a salad, which of the following is NOT a safe kitchen practice:
- A. slice the tomatoes on a cutting board
  - B. slice away from the body
  - C. place the knife in the sink when finished using it
  - D. use a sharp knife
- \_\_\_\_\_ 10. Slips and falls can best be prevented by:
- A. wearing closed toes shoes
  - B. using rugs that have a non-skid backing
  - C. watching where you are going
  - D. none of these practices will help prevent slips and falls

Part B. Short Answer. Describe what you should do if practicing appropriate kitchen safety do in each situation.

11. What should you do if there is broken glass on the floor?

12. What are three ways to safely extinguish a grease fire?

13. What is the first thing you should do before removing something from or cleaning a kitchen appliance?

14. What is the proper technique to follow when lifting a heavy object?

15. Name 2 items that should be in a kitchen as a part of safe kitchen practices.

## **Kitchen Safety Test Answer Key**

### **Part A. Matching**

- 1. C**
- 2. B**
- 3. A**
- 4. B**
- 5. B**
- 6. B**
- 7. C**
- 8. C**
- 9. C**
- 10. B**

### **Part B. Short Answer**

- 11. use a wet cloth to pick up the pieces**
  
- 12. use a fire extinguisher  
cover the pan with a lid  
use baking soda or flour to extinguish the flames**
  
- 13. unplug the appliance**
  
- 14. bend at your knees and use your legs to lift**
  
- 15. fire extinguisher or fire blanket  
first aid kit**