





Safety tips for aspiring chefs


Baking tasty treats, cooking hearty meals or making hot cocoa is a winter tradition. As this good food is being prepared, children are often eager to help. Whether mixing, measuring or just licking the spoon, children need to be closely supervised by an adult at all times in and around the kitchen. Connecticut SAFE KIDS recommends the following tips for keeping children safe as they learn to help out in the kitchen:





 Never leave a child unattended in the kitchen. It is essential that children are closely supervised, whether the children are helping an adult cook or are simply watching.


 Before introducing a child to cooking, be sure you've taken essential safety steps, such as having a fire extinguisher nearby and posting emergency numbers near the phone.


 Never hold a child while cooking.


 Make sure pans are on back burners and turn all pot handles toward the back of the stove.

 Place hot foods and liquids away from the edges of counters and tables.

 Supervise your child when they are near or using a microwave, and never let a young child (under age 10) remove heated items from the microwave. Adults should also use caution when heating food and liquids in the microwave.

 Be aware of items sitting on tablecloths or placemats. Young children could pull hot food or liquid down and scald themselves.

 Make sure you and your children wear close-fitting clothing when cooking.

 Unplug appliance cords when not in use and keep them tied up, out of children's reach.

What Can I Do?

This is a question is often asked by children in the kitchen. Since each child is different, it is important for parents and caregivers to consider their child's behavioral and developmental level and ability when it comes to assigning kitchen duties. Below are some age guidelines and suggested activities that Connecticut SAFE KIDS recommends to parents to help keep the kitchen a fun, safe place for the family. Remember that children should always have close adult supervision!

KIDS OVER AGE 5 CAN:

- Rinse foods under cold water.
- Stir ingredients together in a bowl.
- Use a cookie cutter to cut out shapes in dough.

KIDS OVER AGE 9 CAN:

- Use a butter knife or plastic knife to spread peanut butter or slice soft cheese.

KIDS OVER AGE 10 CAN:

- Squeeze garlic from a garlic press.
- Use electrical kitchen appliances, such as a blender, food processor, electric mixer, microwave or toaster oven.

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REPORTING ON CHILDHOOD INJURY

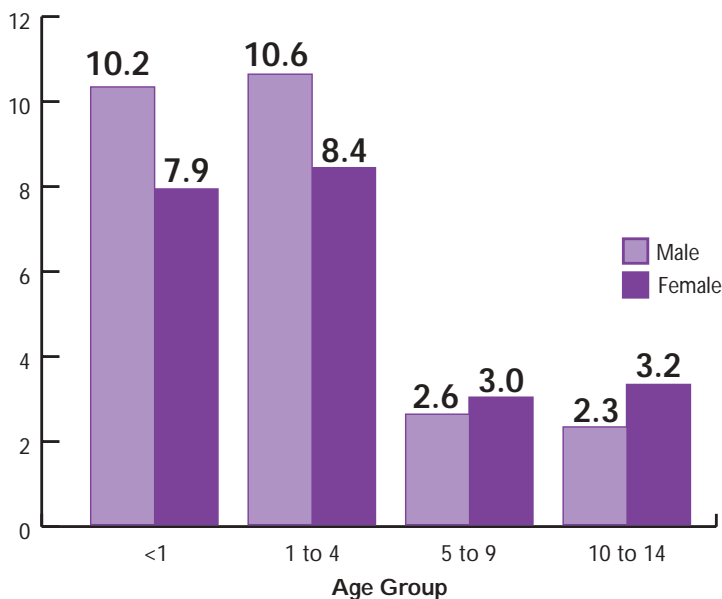
Scald burns

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Scalds are rarely a cause of death, but are a frequent cause of hospitalization and emergency department visits. Among Connecticut children aged 0-4 years, more than 200 scalds each year require emergency department treatment. The highest incidence is among males under 5 years of age. Hot tap water, coffee, and tea are the most common agents, with boiling water or food the most damaging. Scalds typically occur when toddlers upset containers of hot liquids either on the stovetop or at table's edge. These burns often affect the face and hands, areas that are cosmetically or functionally very important. •

Emergency Department visit rate for scald burns
(per 10,000), Connecticut 1995-2001



DON'T FORGET!

Child Passenger Safety Week
is February 8th through 14th.
Make sure everyone rides safely, either in a
car seat, booster seat or seat belt!

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KIDS OVER AGE 11 CAN:

- Peel vegetables.
- Chop or slice with a paring knife.
- Turn stove burners on and off and select oven temperature.
- Flip pancakes on a hot griddle.
- Place a tray of cookies in the oven.
- Shred cheese with a hand grater.

KIDS OVER AGE 14 CAN:

- Operate the stovetop.
- Drained cooked spaghetti into a colander.
- Remove a tray of cookies from the oven.

Never leave cooking food
unattended – it is the
number-one cause of house fires.



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