

CookAbility On-line Cookery Courses

Health and Safety

SUPERVISION

For safety reasons all students under 18 should be supervised during cooking sessions by a responsible adult

ADDITIONAL NEEDS

The lessons in our courses are suitable for students with impaired hearing – there are subtitles available on the videos.

Students with impaired sight or mobility should self-assess (and parents/guardians of under 18's should assess) the activity in line with the normal requirements for light cooking and food preparation with especial reference to the use of sharp knives and use of hot hobs (electric and gas) and ovens where applicable.

If you are uncertain if this course will be suitable for you or would like particular guidance on the requirements of this course please contact us – we will do all we can to help

We hear so much nowadays about accidents in the kitchen and Food Poisoning so here are a few pointers to help you along

HAND WASHING – please take great care with personal hygiene in the kitchen, ensuring that you wash your hands between every task and especially carefully on entering the kitchen and after handling raw meat or eggs or visiting the toilet

APRONS - are to protect the food from bacteria which may be on you! Please come to your cooking sessions wearing comfortable clean clothing, a clean apron and with long hair tied back to prevent it from falling into the food. Remember that the food you are preparing during your cooking session may be shared– so take care to keep everything clean

Proper **SHOES** should be worn in the kitchen – not canvas or sandals – this is to help to protect your feet (and toes!) against falling pots and pans, sharp knives and boiling water or oil

KNIVES in the kitchen can be SHARP so please take care when using them and don't put them into the washing up sink. It is easy to cut yourself when you can't see a knife because of the soap bubbles

FIRST AID Cuts and abrasions should be covered with clean waterproof plasters to prevent bacteria getting on to the food and to protect you from infection. Please ensure you have a First Aid Kit available to treat any cuts or wounds

BURNS - Please be aware that hot pans on the stove may have hot handles – especially if cooking with gas – so take care to check before grasping a pan handle. If you do burn yourself then go straight to the cold tap and run the burn under cold water for AT LEAST TEN MINUTES. This may seem a long time but well worth it to avoid or reduce blistering. Tell the responsible adult immediately

ANY FIRE – HOWEVER SMALL - MUST BE treated seriously. Raise the alarm IMMEDIATELY

RAW MEAT should be prepared on a chopping boards kept only for this purpose

Lastly – IF YOU ARE ILL - OR FEEL ILL during your cookery course then we suggest that you take a break until you are well again. It is really important to protect the health of everyone involved with preparing food as well as those who are eating it.

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