SAFETY IN KITCHEN AND STORE

Safety is the state of being safe or being free of harm or threat of harm. It is important since it prevents one from getting injured. The most important and easiest are:

- Don't carry what is too heavy for you; rather always make sure that those things that are heavy are kept on the floor for easy moving. For example, 20 litres of palm oil should be turned into smaller bottles for easy carrying.
- Make sure that every pot has a handle.
- Don't carry a hot pot from fire with your bare hands to avoid burns or scalds.
- When opening a hot pot, make sure you are far off so as to avoid steaming your face.
- Be careful with knives and other sharp objects.
- Electrical appliances should always be dry before usage.
- Avoid moist soils as they could lead to falls.
- Always turn off your gas cylinder or stoves when done with cooking.
- Kitchen should be properly lighted and set-out.

- A well-equipped first-aid box is very essential.
- Fire and smoke detectors should be considered in the designing of the kitchen.
- Fire extinguishers should be filled and in good working condition.