

FAMILY AND CONSUMER SCIENCES
Ore City High School
STUDENT LABORATORY SAFETY & SANITATION CONTRACT

Lifetime Nutrition and Wellness, Child Development, and Principles of Human Services classes require hands-on learning in the Foods Lab. Safety is the #1 priority for students, teachers and parents. To ensure a safe classroom/lab, a list of rules has been developed and provided to you in this contract. These must be adhered to and followed at all times. The signed agreement must be handed in to the instructor before you can participate in the lab. The safety contract will be placed in the student's folder as a reminder of the safety rules. A second copy is available on the teacher's website.

General Guidelines: All school policies and rules apply to this classroom. If you are late, you must have a pass. Proper clothing must be worn: long pants, closed toe shoes.

SAFETY PROCEDURES

To prevent fires and burns . . .

1. Use salt or baking soda, *not water*, to put out a grease fire.
2. Keep flammable materials away from the top of the range and away from portable appliances that produce heat.
3. Use a dry potholder to remove pans from the stove and oven.
4. Store flammable substances such as aerosol sprays away from heat sources.
5. Keep pan handles turned inward on the range.
6. When removing a pan lid, tilt the lid away from you and do not place your face directly over the pan.
7. When removing a pan from the oven, pull the rack out. *Don't* reach into a hot oven.
8. Use a potholder for each hand and use both hands to remove pans from the oven.
9. Check to be sure all appliances are turned off when you are finished with them.
10. Use a spoon or tongs, *not your fingers*, to remove food from hot liquid.
11. If you smell gas, turn off all range and oven controls and tell your teacher.

To prevent falls . . .

1. Wipe up all spills at once.
2. To reach items stored in high places, use a sturdy step stool or ladder.
3. Close cabinet doors and drawers.

To prevent cuts . . .

1. Keep sharp knives sharp. They are less likely to cause an accident than dull ones. See teacher for the sharpener.
2. Use a cutting board.
3. Cut away from you with the knife blade slanted.
4. For peeling vegetables such as carrots or potatoes, use a peeler instead of a knife.
5. If a knife, kitchen scissors, or ice pick starts to fall, get out of the way. Do not try to catch it in mid-air.
6. Wash, dry and store knives in assigned drawer separately from other dishes and utensils.
7. Keep your fingers away from beaters and blades in appliances.
8. Use knives and other sharp tools only for their intended purpose.
9. Sweep up broken glass immediately. Notify teacher immediately.
10. Wrap your hand in a towel to pick up broken glass. Notify teacher immediately.
11. When opening cans, cut the lids completely off.
12. Don't leave sharp knives in a sink full of water. Place them outside the sink on the counter until ready to wash.

To prevent electric shock . . .

1. Listen to teacher instructions before using appliances.
2. Keep electrical cords away from water and hot objects.
3. Do not plug several cords into an electrical outlet at one time.
4. Unplug portable appliances after you have used them.
5. Disconnect appliances before cleaning them. Do not put them in water
6. Before using an appliance, make sure your hands are dry and that you are standing on a dry surface.
7. Unplug appliances before bringing metal objects in contact with any working parts.
8. Plug the cord of portable appliances into the appliances first, then into the wall.

To prevent microwave accidents . . .

1. Never use a microwave if the door appears damaged.
2. Never turn on the microwave if there is no food inside.
3. Do not heat sealed jars, cans, or bottles in the microwave. Loosen the lid first!
4. Use potholders to remove food containers from the microwave.
5. Remove lids and plastic wrap carefully to avoid steam burns.
6. Distribute the heat by stirring micro waved foods before serving them.

SANITATION PROCEDURES

1. Place books, purses, and other personal items on the tables outside the classroom.
2. Wear appropriate, clean clothing on lab days. No long, loose sleeves, sashes, and dangling jewelry.
3. It is recommended that you wear a clean apron or lab coat.
4. Pull hair back and secure it so that it stays away from your face and shoulders.
5. Avoid working with food if you have an open wound on your hands. Ask the teacher for vinyl gloves.
6. Wash your hands with soap before beginning the lab. Dry your hands with paper towels. Cloth dishtowels are used for drying dishes.
7. While working with food, avoid touching your hair, skin, face, or other unclean objects.
8. Repeat hand washing when necessary - especially after coughing, sneezing, or using the restroom.
9. Be sure you have 1 clean dishtowel, 1 dishcloth, 2 potholders before beginning the lab. Obtain additional clean items as they are needed but *NOT* in excess.
10. Wipe all counter tops and tables at the beginning and end of each lab.
11. Use *hot*, soapy water for washing dishes.
12. Wash and dry dishes, pans, and utensils as you use them.
13. When tasting foods, use a spoon other than the one used for stirring. Use a clean spoon for each person tasting and for each time food is tasted.
14. After working with raw animal foods, scrub all areas and utensils used with hot soapy water.
15. When possible, use a kitchen tool, *not* your hands, to complete tasks.
16. Thoroughly cook foods to be served hot. Keep them hot until they are served.
17. Foods to be served cold should be kept cold until serving time.
18. Cover & **LABEL** leftover foods and store them in the refrigerator immediately.
19. Return all dirty laundry--dishcloths, towels, potholders to the washing machine at the completion of the lab.

EMERGENCY INFORMATION

The fire extinguisher in our lab is located _____
 The classroom phone is located _____
 Emergency phone numbers are located _____
 The nurse's office is located _____

**FAMILY AND CONSUMER SCIENCES
 COUNCIL ROCK HIGH SCHOOL NORTH**

Agreement to Student Safety and Sanitation Contract

I, _____ have read and agree to follow all of the safety rules set forth in this contract. I realize that I must obey these rules to ensure my own safety, and that of my fellow students and instructors. I will cooperate to the fullest extent with my instructor and fellow students to maintain a safe Foods Lab environment. I will closely follow the oral and written instructions provided by the instructor. I am aware that violations of this safety contract that result in unsafe conduct in the lab or misbehavior on my part, may result in being removed from the lab, detention, receiving a failing grade, disciplinary referral, and dismissal from the course. Anything broken due to horseplay shall be replaced at student's expense. Thank you for your cooperation!

Student Signature

Date

Course Name

Class

Dear Parent or Guardian:

We feel that you should be informed regarding the school's efforts to create and maintain a safe Family & Consumer Sciences classroom and Foods Lab environment. With the cooperation of the instructors, parents, and students, safety instructions can prevent, correct and eliminate potential hazards. Please be aware of the instructions that your son/daughter will receive before engaging in any Foods Lab work. Please read the list of safety rules. No student will be permitted to participate in the labs until this contract is signed by both the student and the parent/guardian and is on file with the teacher.

Your signature on this contract indicates that you have read this Student Safety Contract, and are aware of the measures taken to insure the safety of your son/daughter in the FCS Foods Laboratory, and will instruct your son/daughter to uphold their agreement to follow these rules and procedures. Thank you for your cooperation!

Parent/Guardian Signature

Date

Revised August, 2009