

LET'S GET STARTED

- Wear a clean apron and fold up any loose baggy sleeves.
- Remove any loose jewellery.
- Cover any cuts with a clean plaster
- Handle sharp knives with care.
 - Use the correct knife for the job.
 - Make sure the blades are sharp.
 - Wash and dry carefully keeping sharp edges away from hands.
 - Always use a chopping board for cutting.
- Clean up spills immediately.
- Follow stove top and oven manual instructions carefully.
- Have potholders nearby and use them!
- Don't leave food on the stove top unattended.
- Dry hands thoroughly before using an electrical appliance.
- Turn pot handles towards the back of the stove.
- Tilt pot lids away from you to allow steam to escape.
- Keep oven clean.

