

Safet/Sani Lecture Notes

The two things you need on or with you when you walk into the classroom are Closed-Toed Shoes and Long Pant without holes in them

The first thing you do when you walk into the classroom is sanitize your hands.

When you are walking to your seat you grab a chefs hat

When the teacher is taking role you are getting yourself prepared to cook by tying hair back, putting chefs hat on, getting yourself properly attired.

The first to things you do when you get onto the lab to cook are wash your hands and get an apron on

To get your station ready to cook you clean and sanitize your station.

The 5 necessary items for a cut station are:

- 1. Non-slip matt**
- 2. Cutting board**
- 3. Board scraper**
- 4. Mise en Place bowls**
- 5. Knife**

Since the range always has fire going you need to:

- NEVER put anything flammable on or near the range**
- TReat items on or near the range as HOT!**

The pieces of equipment you use to grab anything on or near the range are:

- 1. DRY towels**
- 2. Dry oven mitts**

WHen you are transporting hot or sharp items around the classroom you need to let everyone know the danger involved by communicating “hot or sharp behind”

You never leave hot items unattended at the”

- 1. Dish station**
- 2. Counter**

To make sure you are being efficient with your time which will prevent from staying after class everyone needs to WASH YOUR DISHES AS YOU COOK!

You always put hot items on dry towels when placing hot items on counter to prevent from heating up the counter and burning someone.

Always angle handles of pots and pans away from the edge and other burners to prevent from either knocking pans onto the floor or heating up the handles

When taking lids off of pot and pans with boiling or simmering liquid on them , ALWAYS remove lids away from you to release steam.

Always ask for help to draining large pots of water into sinks

To make sure everyone knows you have a hot oven open ALWAYS communicate everyone by saying "Open OVEN HOT!"

After you have the oven door open, the proper procedure to place or remove items from the oven is to use two gloved hands, pull the oven rack out all the way, and grab items with both hands.

NEVER kick the oven door closed

- **The proper procedures to use the dish station is to:**
 - **Scrape all food off of dishes into the garbage and pre wash them in the prewash tub or spray off with sprayer (commercial dish machines are NOT designed to take food off)**
 - **Use the proper rack:**
 - **small utensils such as measuring spoons that can fall through the crack use a CLOSED or non-pegged rack.**
 - **Items that can be easily stacked such as plates, bowls, sheet pans use a Pegged rack**
 - **NEver overload a dish rack - make sure the spray of the dish machine can reach all the surfaces of the items being washed.**
 - **Never put dish soap used for the triple sink into the dish machine**
 - **Always put receptacles facing upside down so they do not fill with water in the dish machine**
 - **Always look at the cycle light to make sure it is off before you open dish machine**

The only THREE places I will EVER find a knife is:

- 1. On counter next to cutting board**
- 2. In hand**
- 3. In a knife rack**

The only surface you cut on is a lexan cutting board

NEVER catch a falling knife

When transporting a knife across the lab hold the knife down at your side point facing down, blade facing behind you, and you are communicating to everyone around you by saying "Sharp Behind"

To transfer possession of a knife Place it on the counter safely and have the other person pick it up.

The 5 steps to wash a knife are:

Wash

Rinse

Sanitize

Dry

Put it away either by your cutting board ready for use or in the knife rack