



# COOKING CLASS

## Safety Guide

School Education

4

Key Benefits

16

Control Measures

19

Checklist Items

## KEY BENEFITS

### Healthy Eating

Teaches practical nutrition and healthy meal preparation.

### Practical Skills

Builds measurement, timing, and procedural literacy skills.

### Teamwork

Encourages teamwork, role sharing, and kitchen organisation.

### Independence

Increases independence and confidence in everyday life skills.

**KEY HAZARDS & CONTROL MEASURES****Knife Injuries**

- ✓ Knife skills demonstrated before use
- ✓ Safe carrying and passing protocols taught
- ✓ Age-appropriate knives provided
- ✓ Knives stored securely when not in use

**Burns & Scalds**

- ✓ Oven gloves used for hot items
- ✓ Steam hazards explained
- ✓ Pan handles turned inward
- ✓ Cold water accessible for burns

**Food Allergies**

- ✓ Allergy information collected before class
- ✓ Cross-contamination prevention procedures
- ✓ Ingredients clearly labelled
- ✓ Emergency action plan for reactions

**Hygiene**

- ✓ Handwashing enforced before and during
- ✓ Surfaces cleaned between tasks
- ✓ Aprons worn to protect clothing
- ✓ Hair tied back and covered

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

- |  |   |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures |   |

**Kitchen**

- |   |  |
|---|--|
| <input type="checkbox"/> Surfaces clean | <input type="checkbox"/> Equipment working |
| <input type="checkbox"/> Ventilation on | <input type="checkbox"/> Floor dry         |

**Equipment**

- |  |  |
|--|--|
| <input type="checkbox"/> Knives sharp and safe | <input type="checkbox"/> Oven gloves available   |
| <input type="checkbox"/> Appliances checked    | <input type="checkbox"/> Fire blanket accessible |

**Allergies**

- |   |   |
|---|---|
| <input type="checkbox"/> Allergy list reviewed  | <input type="checkbox"/> Ingredients checked  |
| <input type="checkbox"/> Alternatives available | <input type="checkbox"/> Emergency plan ready |

**Hygiene**

- |   |   |
|---|---|
| <input type="checkbox"/> Soap dispensers full | <input type="checkbox"/> Paper towels stocked     |
| <input type="checkbox"/> Aprons ready         | <input type="checkbox"/> First aid kit accessible |



RISK ASSESSMENT  
WIZARD

# Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

**390+**

### Activity Templates

Pre-loaded hazards & controls for every activity

**100%**

### Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

**Start Free at [riskassessmentwizard.com](https://riskassessmentwizard.com)**

*No credit card required - Try it free today*