



COOKING (INDOOR)

Safety Guide

Youth Group

4

Key Benefits

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Control Measures

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Checklist Items

KEY BENEFITS

Life Skills

Teaches essential life skills such as meal preparation and cooking techniques.

Teamwork

Promotes teamwork and collaboration in the kitchen.

Healthy Habits

Encourages healthy eating habits and nutritional awareness.

Confidence

Builds confidence through the successful creation of dishes.

KEY HAZARDS & CONTROL MEASURES**Burns & Scalds**

- ✓ Oven gloves always used
- ✓ Hot items clearly announced
- ✓ Pan handles turned inward
- ✓ Cold water for burns available

Knife Injuries

- ✓ Knife skills demonstrated first
- ✓ Cutting boards secured
- ✓ Age-appropriate knives used
- ✓ Claw grip technique taught

Food Allergies

- ✓ All allergies identified beforehand
- ✓ Separate utensils if needed
- ✓ Ingredients clearly labeled
- ✓ Epi pens accessible

Food Hygiene

- ✓ Handwashing enforced
- ✓ Food temperatures checked
- ✓ Separate boards for raw meat
- ✓ Surfaces cleaned between tasks

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Heat Safety

- Oven gloves ready
- Extinguisher in place
- Fire blanket accessible
- Burns first aid ready

Equipment

- Knives checked
- Cutting boards clean
- Appliances tested
- Safety guards in place

Hygiene

- Handwash available
- Hair ties available
- Aprons provided
- Surfaces sanitized

Allergies

- Info collected
- Alternatives ready
- Ingredients labeled
- Epipens accessible



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