



**1 Dress appropriately.**

Tie up any loose hair and clothing. Make sure you remove any loose or dangling jewellery. Wear comfortable closed shoes with grip. No heels or wheelie shoes.

**2 Clean up spills/messes right away.**

People can slip and fall, or step on tools etc. If something spills, get to it ASAP.

**3 Be aware of your surroundings.**

Make sure you know who and what is around you. Be wary of hot stoves, pot handles, and sharp tools. Communicate with your classmates to avoid any accidents.

**4 Focus on what you are doing.**

Make sure that you are concentrating on the task at hand. It's ok to talk to your teammates, but being distracted or leaving your station is a good way to cause an accident.

**5 Be aware of what to do if there is an emergency.**

Despite our best efforts, it's possible that someone might get hurt, or something might catch fire. Know what to do in these situations.

**6 Behave in a respectful and professional manner.**

Be serious when you are in the kitchen. Don't fool around, roughhouse, or play with the tools and utensils. Be respectful of the shared space, and your classmates' needs.

**7 Follow Instructions.**

It's important to make sure that you are taking part in the task at hand, and using tools and food in the correct and safe way.

**8 No personal devices in the kitchen.**

Aside from the distraction that these may cause, there is a high risk of personal devices getting broken or damaged in the kitchen. Personal devices also present a sanitation risk and should be left in your bag or pocket.

**9 Follow correct sanitation procedures.**

It's very important that you are doing the correct things to keep food and workspaces clean and sanitary. Make sure you are washing your hands, and cleaning your workspace when needed to avoid contamination. Make sure that you are storing food properly when needed.