

Play it Safe in the kitchen



**Games &
Activities
Inside!**

A Message to Families



Welcome to Play it Safe in the Kitchen.

This learning and activity book is part of an ongoing safety awareness effort by the Technical Standards and Safety Authority (TSSA), the Office of the Fire Marshal's Public Fire Safety Council and its partners to teach children of all ages to lead safer and more productive lives, free from preventable injuries. Doing these activities with your child is one way to reinforce SAFETY MATTERS in the home and to teach them FUN FACTS and experiments.

While this book contains activities and information for children of all ages, it is designed for family use and encourages a shared learning experience among all family members.

FIRST AID CHECKLIST

- strip bandages, assorted sizes and shapes
- gauze pads, assorted sizes
- medical tape
- antibiotic ointment
- hot/cold instant packs
- tensor bandage (for wrapping sprains)
- peroxide or iodine
- tweezers
- cotton balls, cotton swabs
- nail clippers
- antibacterial wipes or hand wash
- instructions for CPR and first aid
- thermometer
- medical histories





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The kitchen can be the most fun room in the house,
but it can also be the most dangerous.

Find out more about playing it safe in the kitchen at

<http://www.safetyinfo.ca>



The Incredible Bouncing Egg

Here's what you do...

Take an egg and put it in a cup. Pour in vinegar until the egg is completely covered. Leave the egg to sit for at least three days. Then, very carefully remove the egg with a plastic spoon. There should be a thick waxy film on the egg. Drop the egg from a height of four or five inches onto a table. Wow – did you catch that? It bounces!

Here's what happens...

When placed in vinegar, the calcium in the shell is dissolved by the acetic acid in the vinegar.

Egg-speriments

Squeeze an Egg Without Breaking It

You know that eggs are fragile, but did you know they are also incredibly strong? In fact, you can squeeze an egg as hard as you can ... without breaking it!

Here's how...

With one hand:

1. Place an egg in the palm of your hand.
2. Close your hand, wrapping your fingers completely around the egg.
3. Squeeze the egg, applying even pressure all around the shell.

With two hands:

1. Lace your fingers together.
2. Place the egg lengthwise in your palms.
3. Squeeze your palms together as hard as you can, applying even pressure.

How does it work?

Eggs are shaped like a three-dimensional arch, one of the strongest architectural forms. Its curved shape distributes pressure all over the shell, allowing the egg to withstand great pressure. However, eggs do not hold up well when the force is uneven, which is why they easily crack on the edge of a bowl.

Tips for Successful Squeezing

- > Do not wear a ring. The pressure point of the ring will explode the egg.
- > Do not attempt this experiment near carpet, curtains, or any other hard-to-clean item – just in case!
- > It only works if you apply perfectly even pressure.
- > Inspect the egg for hairline cracks, which will cause the egg to break no matter how evenly you press.

Watch in amazement as the egg remains whole and your hand remains dry!

Wordsearch

Everything *Including* the Kitchen Sink



CHAIR
CUPBOARD
DISHES
DISHWASHER
FORKS
FRIDGE
OVENMITT
SINK
SPOON
TABLE
TOAST
TOWEL
WATER

S	W	L	F	U	N	C	H	T	D
P	C	A	S	O	A	N	T	A	I
O	D	H	T	I	R	D	O	B	S
O	I	N	A	E	N	K	A	L	H
N	N	E	R	I	R	K	S	E	E
T	O	W	E	L	R	X	T	C	S
D	I	S	H	W	A	S	H	E	R
O	V	E	N	M	I	T	T	O	U
P	C	U	P	B	O	A	R	D	E
F	J	I	F	R	I	D	G	E	Q

After you have circled all of the words, answer the riddle by writing down the first uncircled letter (starting at the top left corner of the puzzle), then the next 13 uncircled letters.

What are two things you can never have for breakfast?

Staying Out of Hot Water



Whether it's hot water from the tap, a pot of boiling water, a steaming cup of coffee or bowl of soup... beware!

Burns from hot liquid or steam are called “scalds.” A scald can be painful, leave a scar for life, or even be fatal.



Five Ways to Stay Safe

1. Ask an adult in your home to turn down the water heater to 49 degrees Celsius or the “low-medium” setting. That way, the water from the tap will be hot enough to clean the dishes, but not hot enough to burn your skin.
2. Always turn on the cold tap first, and then turn on the hot water until you reach the temperature you want. Always turn off the hot tap first, then the cold.
3. Never carry a hot drink or pot near small children.
4. Don't set a hot drink or bowl of soup on a table cloth or placement. It can be pulled down by a small child.
5. When cooking, pot handles should be turned inward so they are out of reach of a small child.



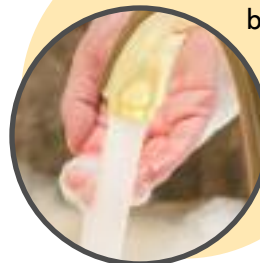
Did you know?

- > Kids are super-sensitive! A child's skin burns four times faster than an adult's skin at the same temperature.
- > Each year, more than 4,000 children in Canada visit emergency rooms for scalds from hot liquids.
- > Just one second: A child's skin will burn in just one second if it touches hot water that is 60 degrees Celsius, the setting for most hot water heaters in Canada. Ask an adult to turn it down!

(source: http://www.healthyonario.com/Health_Feature/Just_One_Second.htm)

Ouch! How to Treat a Scald

For minor burns, wash the burned area with running water for 15 minutes. Avoid the use of ointments or butter. Cover the area loosely with a bandage. Do not break blisters.



In cases of severe burns, get medical assistance immediately.

1
Children should not use a microwave oven without adult supervision.



2
Liquids heated in a microwave should be allowed to cool for several minutes before handling.



3
If something in the microwave catches on fire, keep the door closed and press the "Off" button.



4
Be careful when taking the lid off. You could be burned from steam or splashed by hot food.



5
Food/liquid can explode out of certain glass, ceramic or plastic containers.

Microwave Cooking Safety Tips

6
If you put a metal spoon, foil or twist tie in the microwave, it can spark, damage the oven and lead to a fire.



7
Always remove lids or plastic wrap away from you to avoid steam burns.



8
Do not operate the microwave oven if the door does not close firmly.

9
The microwave can only be used for food.



10
You don't need to use oven mitts or pot holders when you remove containers from the microwave.



11
You can get a more severe burn from steam than from hot water.

True or False Find the one answer that is **false**.

12
Always use containers labeled as microwave-safe.



13
Never put your face against the microwave oven when it is operating.



14
Do not operate when empty.



15
Puncture plastic wrap or use vented containers to let steam out.



16
Stir food and test before feeding to a baby or child.

Kitchen Safety Quiz



1. It is okay to leave the kitchen while cooking, if you need to:

- a) Answer the phone.
- b) Put laundry in the dryer.
- c) Answer the doorbell.
- d) You should never leave cooking unattended.

2. What is the first thing you should do if your toast is stuck in the toaster?

- a) Try to reach it with your fingers.
- b) Unplug the toaster and let it cool.
- c) Use a fork to get the toast out.
- d) Pour water in the toaster.



3. The type of fire extinguisher you have in your kitchen should be

- a) Type A for common combustibles like paper, wood and fabric
- b) Type B for grease fires
- c) Type C for electrical fires
- d) Type ABC, good for all of the above.

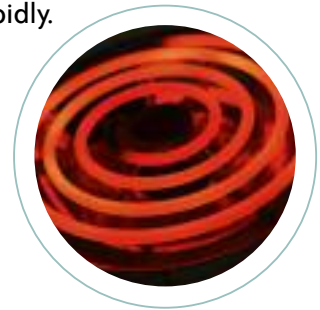


4. Using the wrong type of fire extinguisher for the wrong type of fire:

- a) Is okay once in while.
- b) Will take longer to put out.
- c) Can cause the fire to spread rapidly.

5. If something is burning in a pan on the stove, what should you do first?

- a) Pour water on it.
- b) Put a lid on the pot.
- c) Turn off the burner.



6. You should always unplug small appliances when not in use because...

- a) It saves energy.
- b) They can malfunction and catch on fire.
- c) The plug can get worn out.



7. What percentage of house fires start in the kitchen?

- a) 10%
- b) 25%
- c) 40%



8. What is a GFCI?

- a) A Green Furry Cat Inspector
- b) An electrical plug that turns off automatically when there's a risk of shock
- c) A plug from Europe.



10. What should you do if your bathrobe catches on fire while you are cooking?

- e) Jump, spin and yell.
- b) Stop, drop and roll.
- c) Dance, rock and roll.

9. What do you do if something catches fire inside the oven?

- a) Open the door and spray water inside.
- b) Use oven mitts to remove the pan.
- c) Keep the door shut until the fire is out.



11. What should you do if you spill boiling water on your hand?

- a) Put butter on it.
- b) Put ice on it.
- c) Cool the burn with running water for 15 minutes.



- Answers:
- 1. d) You should never leave cooking unattended in the kitchen. If you must leave, turn off the burner and remove the pot until you come back.
 - 2. b) Unplug the toaster and let it cool before you try to remove the toast with your fingers or a fork.
 - 3. d) Type ABC, since you don't know which type of fire you will be faced with.
 - 4. c) Can cause a fire to spread rapidly. Never put water on a grease or flammable liquid fire.
 - 5. b) Put a lid on the pot. This keeps the fire contained and deprives it of oxygen. You should then turn off the burner.
 - 6. b) Small appliances can malfunction and catch on fire.
 - 7. b) 25%
 - 8. b) A GFCI is a special plug that is used in kitchens and bathrooms, where there is a risk of water coming into contact with the plug. Water conducts electricity and you could get a bad shock. Never plug something in with wet hands.
 - 9. c) Keep the door shut until the fire is out. Inside a stove or a microwave oven, a fire will extinguish itself due to lack of oxygen if the door remains closed.
 - 10. b) Stop, drop to the ground, cover your face with your hands and roll to extinguish the flames.
 - 11. c) Cool the burn with running water for 15 minutes and seek medical help if necessary.



Picture Yourself a Winner

Make a drawing that illustrates one safety rule in the kitchen and tell us why it's important.

OR

Draw a kitchen with five safety errors and tell us what they are and why they are unsafe.



Prize:

10 Talking Sparky Dolls and
10 Sparky T-Shirts to
10 lucky winners!



Send your drawing to:

Anne Miller, Coordinator
The Office of the Fire Marshal's Public Fire Safety Council
5775 Yonge Street, 7th Floor Toronto, ON M2M 4J1

Deadline: October 31, 2007

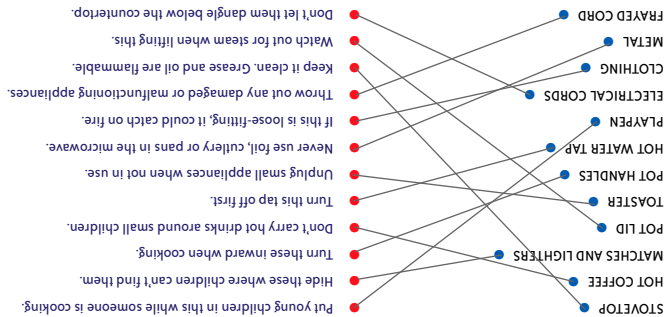
Sparky® and Sparky the Fire Dog® are registered trademarks of the NFPA

MATCH THE KITCHEN HAZARDS

Draw a line from the item to the related safety message

- STOVETOP ●
- HOT COFFEE ●
- MATCHES AND LIGHTERS ●
- POT LID ●
- TOASTER ●
- POT HANDLES ●
- HOT WATER TAP ●
- PLAYPEN ●
- ELECTRICAL CORDS ●
- CLOTHING ●
- METAL ●
- FRAYED CORD ●

- Put young children in this while someone is cooking.
- Put them in a locked cabinet, up and away, out of children's reach.
- Always have this turned inward.
- Don't carry hot drinks around small children.
- Turn this tap off first.
- Unplug small appliances when not in use.
- Never use foil, cutlery or pans in the microwave.
- Wearing tight-fitting or rolled up sleeves when using the stove.
- Throw out any damaged or malfunctioning appliances.
- Keep it clean. Grease and oil are flammable.
- Watch out for steam when lifting this.
- Keep them well back on the countertop.



Fun Facts

Did You Know?

- ? The first microwave oven was five feet tall and cost \$5,000.
- ? Ice cream was invented by the Chinese in 3000 BC.
- ? The average chicken lays 300 eggs a year.
- ? Over 100 years ago, before houses had electricity, kitchens had wood-burning stoves.
- ? Thin spaghetti noodles are called vermicelli in Italian, which means “little worms.”
- ? The first electric toaster toasted one side at a time.
- ? Recycling one sheet of aluminum saves enough energy to run a TV for three hours.
- ? In 1930, Wonder Bread was one of the first companies to sell pre-sliced bread.
- ? Cheerioats (now Cheerios) was the first ready-to-eat cereal.
- ? Before the modern refrigerator, large blocks of ice were delivered to homes to keep the ice box cold.



Learn more at safetyinfo.ca



Brought to you by the Technical Standards and Safety Authority (TSSA),
in partnership with the Ontario Fire Marshal's Public Safety Council,
helping you stay safe at home, school and play.

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