



# Support material #1

## Examples of energy safety in the kitchen

Section 2:

Activity 1, 3, 4, 6

Section 3: Activity 1

General reference for students and teachers

There are many energy safety issues that involve primary and pre-primary aged children in the kitchen.

As children begin to use appliances or help their parents in the kitchen, it's important they have an awareness of how to be safe when using energy.

Energy safety issues in the kitchen exist in three main areas

- electricity and water
- electrical appliances
- heat and cooking.

The different ways energy might be used in the kitchen are described below, along with what we should be aware of to ensure a safe environment.

### Electricity and water

Electricity and water do not mix. Electricity travels through wires and cords, it can also travel through water.

When water comes into contact with electricity, it becomes a conductor of electricity. If we come into contact with this water, the electricity it is carrying may hurt us.

To stay safe, it's important that we

- never touch electrical power points or light switches with wet hands, e.g. if you have been washing the dishes
- keep electrical appliances such as toasters or blenders away from the kitchen sink (or anywhere else their motor might get wet)
- never leave appliance cords where they might get wet.

### Electrical appliances

Most kitchens have a number of electrical appliances that are used in the preparation of food. These appliances all need energy to work.

Electrical appliances that are used in the kitchen include fridges, ovens, microwave ovens, kettles, toasters, dishwashers, electric knives, blenders, cake mixers and electric beaters.

If you are using these appliances, always remember to

- use appliances only when there is an adult nearby
- switch appliances off at the power point when not being used and before you pull out the plug – as well as being safer it saves energy too
- avoid overloading circuits by making sure you don't have too many high energy using appliances in a powerboard
- unplug appliances by pulling on the plug – never pull on the cord
- never leave home with appliances such as ovens or stove tops operating
- look out for fraying cords or appliances with exposed wires and tell an adult they need to be repaired or replaced
- never poke anything inside a power point other than the correct plug or plastic safety plug.

### Heat and cooking

In the kitchen, we often use energy to create heat. We need this heat to cook food or boil water, but if it is not used safely it can sometimes be a danger.

To stay safe when cooking or heating food, remember the following

- make sure you always have an adult nearby
- ovens and hot plates stay hot, even after you've switched them off – let them cool down before you touch them
- turn saucepan handles inwards when they are on the stove, so they won't get knocked over
- always use oven mitts when handling hot baking trays so you don't get burnt
- if you smell a gas leak in the kitchen, make sure you tell an adult. They should turn off the gas at the meter or cylinder and contact a licensed gas fitter immediately.