

GENERAL SAFETY GUIDELINES AND PROCEDURES FOR FAMILY & CONSUMER SCIENCE FOOD & SEWING COURSES

SEWING

Equipment



Sewing machine:

1. Check all dials and settings before beginning to sew.
2. Keep fingers at a safe distance from the needle and the presser foot.
3. While threading the needle, have the power off **or** your foot off the foot control.
4. Keep your foot off the foot control when not actually sewing.
5. Keep eyes on work when operating the machine.
6. Only one student permitted at the machine at time. Therefore, stay in your assigned sewing station.

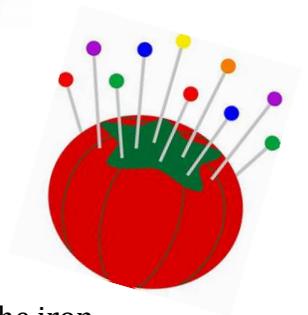
Pins:

1. Keep pins and needles out of the mouth.
2. Place pins in the pincushion or pin box.
3. Remove pins before the machine needle reaches them.



Scissors:

1. Avoid gestures when using scissors and other sharp equipment.
2. Pass the scissors with handles toward the other person.
3. Use a seam ripper for removing unwanted stitches.



Irons:

1. Keep the iron on the heel-end when not pressing.
2. Follow teacher's instructions when filling and emptying the water in the iron.
3. Make sure the temperature selector is on the correct setting for your fabric.
4. Only 1 person should be at the pressing station at a time.
5. When finished, turn off the iron and unplug it from the plug, not the cord.



FOODS



Shoes/Attire:

1. Shoes/sneakers that cover the entire foot. Flip-flops and cute sandals are **F-U-N** but can be a safety hazard.
2. Hair long enough to be pulled back needs to be placed in a ponytail. Please secure long bangs away from the face.
3. Remove jewelry from hands and wrists. We can gladly place the jewelry in a sandwich bag for safe keeping after class.
4. Loose sleeves need to be rolled up; oversized sweatshirts removed.

Sanitation:

1. Wash hands with soap and warm water before class.
2. Put on a clean apron.
3. No gum or drinks in kitchen areas while preparing a recipe, cooking, or baking. You may get a piece of gum after we have cleaned up our kitchens.
4. All equipment, utensils, and kitchen areas need to be cleaned and then, dried before leaving class.



TO AVOID...

Burns:

1. Use hot pads when handling cooking equipment.
2. Turn off burners and when not in use.
3. Handles of pots or pans on the stove should be turned inward.
4. Know where to find and how to use safety equipment in the kitchens.
5. Should you burn your hand, run it under running cold water immediately. Then, report the accident to the teacher promptly.



Falls:

1. Clean up any spills on the floor immediately.
2. No sitting on the countertops or tables.
3. Stay in the assigned kitchen area.

Cuts:

1. Practice safe use and care of sharp utensils.
2. Wash sharp utensils separately.
3. Stay in the assigned kitchen area.
4. Should you cut yourself, wash and rinse the wound and apply pressure immediately. Then, report the accident to the teacher promptly.

