Child Accident Prevention Foundation of Australia

Safety in the kitchen

The kitchen is an especially dangerous place for children who want to touch, taste and explore everything around them...

- Keep hot foods and liquids away from the edges of bench tops, counters or tables.
- Cook with pots and pans on back burners, and turn the handles to the back of the stove.
- Keep toddlers out of the kitchen when the oven is on.
- Microwaved foods heat unevenly so always stir liquids.
- Test the water, milk and food temperature before giving to children - especially when from the microwave.
- Never carry children and hot foods or liquids together.
- Don't eat hot food or drinks with a child on your lap.
- Sit at the table to eat and discourage older children from having hot food bowls in their lap.
- Clean up any spills immediately to prevent slips and falls.
- When not in use keep the dishwasher closed.
- Store vitamins, medicines and cleaning products locked away and out of children's reach even if in the fridge.
- Store sharp objects safely out of reach or locked away.
- Ensure your drawers and cupboards have child-proof locks or gate off the kitchen.
- Store electrical appliances out of reach of children and when in use ensure the cord is away from the bench top.
- Avoid giving small, hard foods to young children.
- Choose a highchair that is sturdy with a 5-point harness.
- Supervise children and first-time chefs in the kitchen.

Keeping kids out of hospital

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