**KITCHEN ACCIDENT**

Accident is an unforeseen event that can happen to anybody unknowingly. It can happen in a kitchen or any part of the house and is called domestic accident.

**Causes of accident in the kitchen**

* Use of wrong equipment
* Managing of damaged equipment
* Excessive haste
* Failure to apply safety rule
* Distraction
* Slippery floors
* Exposure to hazardous substances, hot surface.
* Effective shock due to poor maintenance
* , unsafe switching and unplugging
* Falling from low or high heights
* Fire explosion or gas explosion
* Walking into a fixed object especially at night
* Handling sharp objects e.g. Knife frying pan etc.

**There are two main types of accident**

* Major
* Minor

**The major accidents includes**

* Amputation
* Chemical or hot metal burn to the eyes
* Heat induced illness or unconsciousness
* Inhalation of gas
* Injury from electric shock
* Dislocation of hip
* Fracture
* Loss of sight.

**The minor accident includes**

* Fainting
* Cut
* Minor fracture
* Burns and scalds
* Nose bleeds
* Minor shock
* Minor electric shock.

**Prevention of kitchen accident**

Accident in the kitchen can be prevented if adequate care of the following is taken

* The kitchen floor
* Safety signs
* Kitchen equipment
* Enforcement of health and safety rules by inspectors, and environmental health officers.
* Safety programs
* Hazards.

**FIRST AID**

First aid is the first treatment given to a victim of accident. If the injury is serious, the injured person should be taken to the hospital after the first aid treatment.

A first aid box is a box that contains all the necessary items needed for the treatment of an injured person first before taken the victim to the hospital.

**Items found in a first aid box**

The following items are the con

Tent of a first aid box, they includes

* Assorted adhesive dressing
* Roller bandages
* Scissors
* Solution of hydrogen peroxide
* Soap
* Disinfectant
* Antiseptics
* Blade
* Iodine
* Pain killer etc.

**Injuries that could be given first aid treatment**

* Cuts
* Burns
* Scalds
* Electric shock
* Fracture
* Nose bleeding
* Fainting etc.

**FIRE SAFETY**

Fire safety requires constant vigilance. To reduce the risk of fire, using the provision of education, alarm symptoms and well practiced emergency and evacuation procedure in event of a fire.

**Materials needed for fire to start**

* A source of ignition
* Fuel
* Oxygen.

**In case of fire outbreak, people should be able to;**

* Detect fire
* Read fire warning signs
* Identify hazards
* Identify escape routes
* Fight fire using fire fighting equipments.

**Types of fire fighting equipments**

* Hose
* Booster hose
* Automatic sprinkler
* Adapter
* Automatic signal unit
* Ground ladder
* Extension ladder
* Air pack
* Air bag
* Distributor pipe
* Helmet
* Bulk tank
* Fire blanket
* Extrication gloves.