

HEALTH SAFETY AND HYGIENE RULES TO FOLLOW IN THE KITCHEN



ABSTRACT

Maintaining health, safety, and hygiene in the kitchen is essential to prevent foodborne illnesses, accidents, and contamination. Following simple yet effective rules ensures a safe cooking environment, protects health, and promotes good food practices for everyone at home or in a professional kitchen.

INTRODUCTION

The kitchen is the heart of any household or food establishment, but it can also be a place where health risks and hazards occur if proper hygiene and safety measures are ignored. From handling food correctly to keeping the cooking space clean and organised, adopting safe kitchen practices plays a vital role in overall well-being. This guide highlights essential rules to follow, ensuring both safety and hygiene while preparing meals.

I. Kitchen Safety: Simple Tips For Keeping Your Kitchen Safe

By following these tips, you can help create a safe and healthy environment for everyone in your restaurant.



What is Kitchen Safety?

Kitchen Safety is making sure that you are taking the proper precautions to keep the kitchen safe. Keeping the kitchen safe involves practices such as using the correct cookware for the job, keeping your work area clean, and being aware of potential hazards like sharp knives, hot stoves, and slippery floors if not kept dry and free of trip hazards. This is especially important in restaurants, where there is a higher risk of accidents because of how busy kitchen operations can become back of the house. By following proper kitchen safety procedures, you can help to prevent injuries and accidents in the workplace.

What is the Difference Between Kitchen Sanitation and Kitchen Safety?

Sanitation and safety are both important aspects of running a successful kitchen. However, they are not the same thing. Kitchen sanitation refers to the cleanliness of the kitchen and the food that is prepared there. Kitchen safety, on the other hand, refers to the procedures and policies in place to prevent accidents and injuries.

Both kitchen sanitation and kitchen safety are important for a variety of reasons. First, a clean kitchen is a more efficient kitchen. When the kitchen is clean, the staff can work more quickly and effectively. This can lead to better quality food and happier customers.

What are the 10 Basic Rules of Kitchen Safety?

When it comes to preventing accidents in the kitchen, there is no one-size-fits-all approach. However, there are some general principles of kitchen safety that everyone should follow to ensure a safe kitchen.

From slip-resistant flooring to keeping hazardous chemicals out of reach, there are many things you can do to reduce the risk of accidents in your kitchen. Below are some common rules for kitchen safety:

1. Wear proper kitchen attire

When you're in the kitchen, you must wear proper kitchen attire for safety. Wearing proper kitchen attire prevents you from getting hurt such as acquiring burns, cuts, and other injuries.

A kitchen attire usually consists of:

- Kitchen Uniform
- Toque or hair nets
- Apron
- Closed-toe leather shoes (Slip Resistant)
- Disposable gloves
- Coats (Must be double-breasted and made from heavy cotton to insulate heat)

2. Keep the kitchen clean

A clean kitchen is a safe kitchen. Meanwhile, a messy kitchen is a breeding ground for accidents as well as bacteria that can be harmful to our health.

Be sure to keep the counters clear of clutter, the floors clean and dry, the appliances wiped down, and the kitchen utensils sanitized.

3. Follow food safety guidelines

Be sure to follow all food safety guidelines when handling and preparing food. This includes washing your hands often, keeping raw meat separate from other foods, and cooking food to the proper temperature.

Make sure to have an effective food safety management system implemented in your kitchen. This will provide a safer environment not only for the staff but also for the customers.

4. Use kitchen appliances safely

Be sure to read the manuals for your kitchen appliances and use them according to the instructions. Pay close attention when using knives, blenders, and other sharp objects or devices with moving parts to ensure hand safety and overall safety.

Do not engage in any kitchen equipment that you are not familiar with. Always ask for help or assistance if needed.

5. Be aware of potential hazards

There are many potential hazards in the kitchen, so it's important to be aware of them at all times. This includes things like open flames, hot surfaces, sharp objects, slippery floors, and toxic chemicals.

6. Have proper ventilation and lighting

A kitchen must have proper ventilation. Ventilating your kitchen properly is important for air quality. This is because all those cooking contaminants can seep into your cabinets, walls, clothes, and carpet if there isn't proper ventilation. Also, good ventilation helps remove any airborne particles and allows fresh air to circulate.

Meanwhile, having proper lighting allows you to have an inviting and welcoming space inside the kitchen. Not only does it make it easier for kitchen staff to see what they're working on, it sets the mood and tone while you cook and bake hence offering you a perfect atmosphere for cooking

II. How to keep a small kitchen odor-free



If you've noticed that your kitchen has a little bit of a smell, you might be wondering how to go about keeping a small kitchen odor-free. The truth is that knowing how to effectively combat odors isn't always as simple as you might think, but there are a selection of steps that clean experts *always* suggest taking to combat smelly kitchens.

While you might think that emptying the trash regularly and cleaning the kitchen would be enough to prevent nasty kitchen odors, it actually takes some rather specific steps to keep a small kitchen odor-free.

How cleaning experts prevent and tackle nasty kitchen odors

Admittedly, there are plenty of kitchen cleaning hacks that you can utilize when it comes to keeping your kitchen clean and tidy. But what about the steps it takes to ensure that, as well as looking clean, the space smells fresh too? This is what the experts have to say.

1. Keep trash cans clean



If there's one area of your kitchen that's the most likely cause of bad odors, it's the kitchen trash can, especially if you put excess food waste in there.

Ryan Knoll, owner of Tidy Casa, says: "Food waste is a primary source of bad odors in the home. This is especially true when it comes to bad smells coming from your trash can." So, in order to keep your trash can and, by extension, your kitchen smelling fresh, keeping it clean is vital.

Get small space home decor ideas, celeb inspiration, DIY tips and more, straight to your inbox! By submitting your information you agree to the Terms & Conditions and Privacy Policy and are aged 16 or over.

2. Keep your garbage disposal clean



Keeping your garbage disposal system clean, and making sure that your garbage disposal is unclogged, is essential for preventing bad odors from occurring in your kitchen.

Knoll says: "Your garbage disposal gets a lot of use throughout the week. Even if you don't intentionally place food down the drain, small pieces still make their way into the drain. Garbage disposals will eventually begin to stink.

"An easy way to get rid of this smell is to cut up a lemon with a few tablespoons of salt and some ice cubes. Place these items in the disposal and run it until the lemon and ice are clear. The lemon will deodorize the disposal and the ice and salt will remove any build-up on the blades."

For refreshing your garbage disposal system, these garbage disposal cleaning drops from Amazon, which have over 4000 five-star reviews, are a great option.

3. Keep your refrigerator clean



If your fridge isn't kept clean, you'll find that it starts to get a nasty odor. So knowing the best ways to clean a fridge and the steps it takes to prevent bad smells coming from your fridge is vital.

Knoll says: "The easiest way to clean your refrigerator is to remove all the items and scrub all the shelves, and drawers. Use a mixture of baking soda and warm water, then wipe down with a mixture of water and white vinegar (we always like to recommend this Heinz white vinegar from Amazon). To prevent odors, keep an open box of baking soda in the back of your refrigerator. This will absorb any funky smells. Replace the box monthly or the baking soda itself will begin to smell."

Once your fridge is clean, a really great hack, that I learned from my mom, for keeping it smelling fresh is to cut a lemon in half and place both halves in the refrigerator. This works to help absorb nasty smells.

Alternatively, one of these seriously cute toad stall fridge door deodorizers from Amazon should work just as well.

4. Keep the dishwasher clean



While you might assume that dishwashers are self-cleaning (after all, they leave your dishes spotless), actually they need a little TLC every now and then too. Else, they can end up emitting a rather nasty odor. So, knowing how to clean a dishwasher and what it takes to prevent odors from occurring is essential for a fresh-smelling kitchen.

Knoll explains: "People often don't think about cleaning the dishwasher. It's supposed to clean dishes not be cleaned. Wrong. Even after a few wash cycles food debris and scum will build up in the bottom of the machine creating bad smells.

For a pre-made cleaning solution for your dishwasher, this Afresh cleaning powder from Amazon, which has over 50,000 five-star reviews, is a great option.

5. Don't attempt to mask smells



While an air freshener might help your kitchen to smell fresh in the short term, as the scent wears off the bad odor will still remain. This is because most air fresheners simply mask smells to make homes smell fresh rather than getting rid of them. So, instead of masking bad smells, it's a good idea to find ways to remove or absorb them.

Gold says: "Utilize natural deodorizers such as baking soda (this Arm & Hammer baking soda from Amazon is a great choice), vinegar, or citrus peels to neutralize odors. Placing an open box of baking soda in the refrigerator or near the trash can effectively absorb unwanted smells. These eco-friendly alternatives enhance air quality without harsh chemicals."

Or, if you'd prefer a pre-made spray, opting to use an air sanitizer, like this air sanitizing spray from Amazon, is another great option for removing bad odors.

III. Reasons Why Cleaning the Kitchen is Necessary for Better Health



The trash is overflowing, the garbage disposal smells like the inside of a dirty sock and the sponges lining your sink are so full of bacteria that any second they may stand up and start crawling away. Is it a big deal? Will that rivulet of grease develop on your range hood topple your careful plans to create a comfortable, safe home for your family? Well, yes.

Keeping your kitchen (and other parts of your home) clean is important for a number of reasons we'll get to in a second. If you aren't worried about the biology, think economy instead. Cleanliness can save you money. It's also politically and socially correct. We have 10 reasons you should take an hour a week, or less than 10 minutes a day to keep your kitchen tidy. We aren't advocating a frontal assault on all things disorganized, jumbled or in need of a friendly wipe-down. A few crumbs in front of the coffee maker are nothing to get obsessive about. I will show you how to maintain a clean kitchen and why it is necessary for better health and wellness. Hence, this will help you save money and time, and also send a positive message to your kids.

1.Prevent Foodborne Illness

One of the biggest concerns about cleanliness in the kitchen is foodborne illness due to spoilage or cross-contamination. You know about safety precautions like using different cutting boards for meat and vegetables, always wash your hands after handling raw meats and cleaning the sink and countertops regularly. These are just the basics.

Here are a few chores to consider adding to your kitchen routine to reduce the risk of foodborne illness:

- Always wash your hands before and after handling perishable foods.
- Wash cutting boards in hot, soapy water every time you use them. Discard cutting boards with deep scoring or gouges.
- Wash your hands after touching your nose, mouth or eyes.
- Wash your hands after handling raw meat or eggs.
- Keep household cleaners away from food prep areas.
- Don't forget to clean all the gadgets you use for food prep like meat thermometers, measuring cups, measuring spoons, can openers, sieves, colanders, blenders, wooden spoons, cookie sheets and spoon rests. If it touches perishable foods, it should be cleaned.

2. Limit Household Use of Harsh Chemicals

When things get really dirty, it's easy to think you have to bring in the heavy artillery. Cleaning agents used in kitchens and bathrooms kill germs because they consist of a string of strong chemicals that get the job done, but can also leave residue behind.

Humans aren't immune to the biological effects of strong anti-bacterial agents, and keeping your home clean using safe practices can be challenging. One thing is certain, though. Maintaining a regular cleaning regimen keeps bacteria under control, so there's less of it to deal with. The chemicals you use, whether you decide to go green or employ a more aggressive, powerful option, will be available in reduced concentrations at any given time. If you've ever spent a weekend of heavy-duty cleaning only to have your home smell like you're preparing a chemical stew, you know what we mean.

We love the idea of cleaning with wholesome products like white vinegar, a mild but effective acid, and baking soda, a mild abrasive. Whether you go this route or not, a little regular cleaning will create lower concentrations of harsh chemicals and less opportunity for dangerous exposure than a quarterly cleaning marathon.

3. Entertain Without Embarrassment



You may prefer the idea of having the kitchen all to yourself when you're having company over, but folks usually like to gravitate to the kitchen to see what's going on. It's the place where all the action is. Don't be surprised if your tidy living room is empty and your guests are laughing and having a great time standing within a couple of feet of the garbage bag you just filled with corn husks. Life is so unfair, but the fact is that the kitchen is the heart of the home. Sadly, it can also be the dirtiest room in your house. Before your sister-in-law starts telling the story of the day she opened your refrigerator and discovered a block of cheese covered with inch-thick mold, expect the unexpected by getting your kitchen in shape and keeping it that way.

4. Extend the Life of Your Appliances

The kitchen is appliance central in most homes, and we aren't just talking about the big stuff. Your garbage disposal, range hood, dishwasher, toaster, coffeemaker, food processor and other appliances will all work more efficiently when they're clean. Efficiency means longer life. When a vent or filter is dirty, an appliance has to work harder to do its job. It will usually work hotter, too. That means a shorter useful life for that electric knife or electric potato peeler than if you'd kept it clean. Will a little dust or grease destroy all of your countertop gadgets? No, but the effects are cumulative, and prolonged neglect will do more than make your appliances a little sticky and unsightly.

5. Manage Food More Efficiently

Kitchens are all about food storage and preparation, and having an effective and consistent food maintenance strategy is a good idea. Foods like milk turn relatively quickly, and keeping your fridge clean and organized will help you keep track of food stores so you can use them before they spoil. When the inside of your refrigerator

looks like it might be ripe for a visit from the health department, don't expect to be able to monitor or control what goes on in there. Decaying food will produce odors and sometimes bacteria that can escalate the decline of other foods, and when you leave spills in place, you risk creating problems with cross-contamination.

6. Be Safer



Cleanliness isn't just an aesthetic concern. It's about safety, too. Drips on the floor from yesterday's margarita disaster could cause someone to take a tumble, and that oil slick on the stove from taco night may start a grease fire. The kitchen is one spot where water, high heat, electricity and sharp objects all come into close proximity, and the best way to control this potentially dangerous environment is by keeping it clean and organized. No one plans on starting a kitchen fire, slipping on dribbled maple syrup or dropping the blade end of a greasy knife on a toe. Keeping the kitchen clean may help you forestall calamity so you're never the guy who has to spend a day at the emergency room because of a silly kitchen accident.

IV. Kitchen Cleaning Hacks That Save Time (and Actually Work)

Between cooking messes, dirty dishes, and everyday spills, your kitchen goes through a lot in one week. It's easily one of the most trafficked rooms in the house (not to mention where you prep your meals), making it even more important to clean regularly. Whether it's a sauce-splattered stovetop or coffee-stained counter, cleaning every surface in your kitchen on a daily basis can be challenging, especially

when you're on a tight schedule. A good dish drying rack can help. These DIY kitchen cleaning hacks will help you degrease, deodorize, and sanitize in less time. Try these ideas to switch up your same old cleaning routine and keep your kitchen sparkling.

1. Keep your disposal smelling fresh

Few things are quite as offputting as a smelly garbage disposal. To remedy that, use one of our favorite kitchen sink cleaning hacks: lemon ice cubes. To make them, simply fill an ice cube tray with lemon wedges, rock salt, and water. Once frozen, pop the cubes down the drain and run your garbage disposal until the ice is gone. Rock salt scrubs the blades while ice helps knock off any gunk and grime. The lemon helps keep your sink smelling fresh.

2. Rejuvenate old baking sheets using hydrogen peroxide and baking soda

The dynamic duo of baking soda and hydrogen peroxide can restore more than just your sinks and tub. It can make even your most battered baking sheets look brand new again. Simply sprinkle your sheet with baking soda followed by a few sprays of hydrogen peroxide, then finish with another layer of baking soda. Come back in a few hours to wipe your restored baking sheets clean.



3. Clean your oven while you sleep

Forget auto-clean. This high-temp oven setting is known to set off the fire alarm and can leave your kitchen in a smelly funk. Instead, fill up a spray bottle with a homemade solution of 1/3 cup water, 1/3 cup white vinegar, and 1/2 cup baking soda. When the oven is cool, remove the grates and coat the inside with the solution, making sure to avoid the heating elements. Close the door and head to bed, letting the solution work its magic for up to 12 hours. When you wake up, clean the oven with soapy water and dry using a plush cloth.

4. Wash your oven rack

Powder detergent isn't just for laundry. Bring back the original shine of your oven racks without scrubbing (and potentially scratching!) by soaking them in a bathtub

filled with powder washing detergent. Let it sit for at least four hours before removing and rinsing with clean water.

5. Polish woodwork with lemon oil and vinegar

Prefer natural solutions to commercial cleaners? This DIY wood polish leaves both a lovely scent and shine. To make it, fill a spray bottle with 1 part lemon oil to 1 part white vinegar. Spray the solution directly onto a dry microfiber cloth and use it to wipe down your cabinets, pantry door, and baseboards.

6. Use your vacuum to clean out cabinets

For another kitchen cabinet cleaning hack, use your vacuum to clean out cabinets. Instead of wasting time trying to pick up crumbs with a cloth, try the vacuum brush attachment to suck them up at the snap of a button. This cleaning technique works wonders on pantry shelves, too.

V. How to Clean Your Favorite Kitchen Appliances and Finally Get That Layer of Grime Off

Small kitchen appliances like toaster ovens, instant pots, food processors, and juicers can save time and energy in the kitchen. And we all know that a coffee maker is practically a must-have for a caffeine-craving household.

Take a look around your kitchen—are all those appliances really clean and bacteria-free? Nearly every small appliance has some type of control panel or handle that is touched every time it's used.

We're sharing how to best clean some common kitchen appliances around your home.

Coffee or Espresso Maker

Whether you use a drip coffee maker, French press, espresso machine, or a single pod coffee maker, it should be cleaned regularly for both good-tasting coffee and to prevent bacteria growth.



All removable parts of the coffee maker should be removed after every use to clean away coffee grounds and oils. The parts can be hand-washed with warm, soapy water or placed in the top rack of the dishwasher. Empty water reservoirs and drip trays and take a moment to wipe down the outside of the maker and warming plates with a clean damp cloth.

The reservoir lid should be left open between every use so the area can thoroughly dry out.

Unless you use distilled water every single time, eventually minerals from tap water can build up in the machine. Cleaning those away is simple. Just fill the reservoir with equal parts distilled white vinegar and distilled water. Allow the solution to sit in the coffee maker for at least 30 minutes—one hour is better—and then run a brewing cycle.

Next, run two full brewing cycles with just plain distilled water and you will have a clean coffee maker that's ready to make great coffee.

Blender, Food Processor or Juicer

After every use, rinse out the blender or juicer cup with plain water. Then fill half full with warm water and a drop or two of dishwashing liquid. Give it all a whirl for 15 to 30 seconds. Pour the solution over the lid as you empty the cup in the sink.

Finally, disassemble the appliance blades and lid parts. Rinse well in hot water and allow to air dry completely before reassembling. Finally, unplug the machine and wipe down the outside of the base with a clean cloth.

For hard-to-reach spaces between buttons or knobs, use a clean, soft toothbrush dipped in a solution of warm water and a drop of dishwashing liquid to remove particles. Wipe down with a clean cloth dipped in plain water and allow to air dry.

Grill, Panini Press, or Waffle Maker

Immediately after using, unplug the appliance. Wet several paper towels and use metal tongs to hold them as you wipe down the hot grill or press to loosen food particles.

When the appliance is completely cool, mix one cup of warm water with a drop or two of dishwashing liquid to dampen a clean, soft cloth. Use the cloth to wipe the entire cooking surface and any outside surfaces.

If there is an excessive buildup of grease, use a clean soft toothbrush to get into crevices. Never use a scrubbing pad or sharp tool on a nonstick surface. Rinse with another cloth dipped in plain water, then dry with a soft cloth.

Microwave

The easiest way to clean the inside of a microwave is to let it do the work. Fill a microwave-safe container with at least one cup of water. Process until the water is at a roiling boil; then turn off the microwave. Keep the door closed for at least 15 minutes. The steam will loosen food particles and make them easy to wipe away with no scrubbing needed.



To finish the job, use a soft cloth dipped in one part distilled white vinegar and one part warm water and wipe down all interior surfaces. Hand wash or place the glass turntable, if you have one, in the dishwasher. Wipe down the outside handles and keypad with a disinfecting wipe to remove bacteria.

Stand or Portable Mixer

You can fill a bowl with warm water and a drop or two of dishwashing liquid and turn on the mixer for 15 seconds to loosen food.

The safest way to clean the mixers is to disassemble and hand wash non-electrical components in hot soapy water or place them—as recommended by the manufacturer—in the dishwasher.

Finally, unplug the appliance and wipe down the outside with a cloth dipped in warm soapy water. Rinse with a cloth dipped in plain water and dry with a soft cloth.

Grab that soft toothbrush to get between any buttons or crevices that need special attention.

Toaster Oven or Toaster

Crumbs and built-up grease can cause fires; so it's important to clean toaster ovens and slice toasters frequently.

After every use, unplug the appliances and open trap doors or shake it upside down over the sink or trash can to remove loose crumbs. For toaster ovens, wash the removable tray or toasting rack in hot soapy water, rinse and air dry after every use.

Electric Can Opener

Many electric can openers have a blade that frequently touches the contents of the can. Cross contamination is always a danger so cleaning after every use is best. Unplug the appliance and use a clean cloth dipped in warm soapy water to wipe down the blade and casing. Never immerse the whole appliance in water.

VI. How to Clean Range Hood Filters like a Pro?

The purpose of a range hood is to capture smoke, grease and other odours from the air above the stovetop while preparing a meal. However, over time, the filters tend to collect a huge amount of the said grease and grime, which can reduce their efficiency and potentially create a fire hazard. Keeping the range hood filters clean is essential if you want to keep the appliance functioning well and want to maintain a hygienic kitchen area. Knowing how to clean these filters properly can extend the life of the appliance and also improve the air quality in the kitchen.



This article will list down all the steps needed to keep the filters of your range hood clean like a Pro. This piece will give you some basic information about the different types of filters in a range hood, their effective cleaning methods and how you can ensure fire safety. Additionally, if you are getting your rental ready for a professional end of lease cleaning Sydney, range hoods are an essential part of that checklist. So, read ahead to find out more about this topic.

1. Understanding Different Types of Range Hood Filters

Before we get into the nitty gritty of cleaning the filters in your range hood, let's learn about what kind of filters your range hood might be fitted with. This step is important as it will help in choosing the correct cleaning method. Range hood filters can be of various types, the most common being mesh, baffle and charcoal filters. Mesh filters are made from aluminium or stainless steel and need frequent cleaning.

Baffle filters are common in commercial kitchen spaces as these range hoods contain a series of baffles that are highly efficient in collecting grease while allowing airflow in the space. Last but not least, charcoal filters are used in the case of ductless range hoods as they can absorb a ton of odours, but a downside of this is that they can only be replaced and not cleaned.

2. Tools and Materials Needed for Cleaning

Now that you've identified what type of filter is fitted in your range hood, it's time to get cleaning. For this purpose, you'll need the following items:

- Hot water
- Dishwashing liquid/degreasing agent
- Baking soda
- White Vinegar (optional)
- A large sink or bucket
- A soft brush/non-abrasive scrub pad
- Microfiber cloth/paper towels

Having the right material in hand will ensure that you remove the gunk effectively without damaging the filters. If you're preparing your kitchen as part of a detailed end of lease cleaning in Sydney, using a professional-grade degreaser might make the process easier.

3. Step-by-Step Guide to Cleaning Range Hood Filters

To clean your range hood filters, firstly, turn the appliance off and carefully detach the filters from it. Most of these filters will slide or pop out easily. Then, fill a sink or a bucket with hot water and add a generous amount of dish soap and a few tablespoons of baking soda. Stir well. Place the filters in this solution and let them soak for at least 15-30 minutes so that the built-up grease can loosen up. You can also use soda crystals for build-up grease and grime. Use a soft brush or a scrub pad to remove the remaining grease and debris. Avoid using steel wool as it can scratch the surface.



After this is done, rinse the filters thoroughly with clean, warm water. Allow the filters to dry out completely before reinstalling them in the range hood – you can use a microfiber towel to speed up the process if you like. For heavily greased filters, repeat the entire process or opt for a commercial degreaser to simplify things.

4. Maintaining Clean Range Hood Filters

If you carry out routine maintenance of your range hood and its filters, it will help prevent the excessive build-up of grease and ensure that the range hood operates efficiently. To maintain the longevity of your appliance, clean the mesh and baffle filters every 1-2 months, depending on the level of usage and for the charcoal filters, replace them every 3-6 months as they are non-washable.

Wipe down the exteriors of the range hood weekly to prevent grease accumulation. If your filters are labelled as being dishwasher safe, run them through a hot cleaning cycle without detergents to avoid residue build-up. When preparing for end of lease cleaning in Sydney, deep cleaning your range hood is a very necessary step in securing a full bond reclaim.

5. Safety Tips for Using a Range Hood

Knowing how to use the range hood properly is just as important as keeping it spick-and-span. Follow the below safety measures while using this appliance:

- **Turn on the hood before cooking:** This will help capture smoke and odours immediately.
- **Never leave flames unattended:** Grease build-up in dirty filters is a fire hazard, so never let them get exposed to high heat. Otherwise, there is a chance they might ignite.
- **Use the correct fan speed:** Adjust the speed of the fan according to the intensity of the cooking being undertaken. This will ensure effective ventilation at all times.
- **Check for Blockages:** Ensure that the air is flowing freely through the vents and that no grease is obstructing the ducts.
- **Keep the surrounding area clean:** Wipe down the hood and nearby surfaces regularly to prevent grease from accumulating.

Proper use and maintenance will reduce fire hazards and also improve the air quality in your kitchen.

6. When to Call a Professional Cleaner

While regular maintenance can be carried out at home, some situations are better handled by professionals. For example, if your range hood is excessively greasy and your DIY methods are not able to tackle it well, consider calling up the professionals. Another instance is when, you notice an unpleasant odour coming from the range hood or the efficiency of the appliance itself has gone down; it may be time to get expert assistance. Their skills will ensure that the range hood and other kitchen appliances are deep cleaned and their functionality restored.

The range hood, just like the other appliances in your kitchen, should not be overlooked when it comes to cleaning. Undertake periodic cleaning and follow the maintenance tips given in this article to ensure that your cooking area remains hygienic and safe while being optimally functional. Hope this helped and happy cleaning!



CONCLUSION

A clean and safe kitchen is the foundation of healthy living. By following simple hygiene practices, careful food handling, and strict safety measures, one can significantly reduce the chances of contamination and accidents. Prioritising health and hygiene in the kitchen not only ensures safe meals but also contributes to a healthier lifestyle.

REFERENCES

Kitchen Safety: 10 Simple Tips For Keeping Your Kitchen Safe | Safety Culture, Retrieved 30 June 2025 from

<https://safetyculture.com/topics/kitchen-safety/>

By Beth | How to keep a small kitchen odor-free | Real Homes, 27 November 2023 from

<https://www.realhomes.com/advice/how-to-keep-a-small-kitchen-odor-free>

By Joseph | Reasons Why Cleaning the Kitchen is Necessary for Better Health | Thrive Global, Retrieved 11 May 2018 From

<https://community.thriveglobal.com/10-reasons-why-cleaning-the-kitchen-is-necessary-for-better-health/>

By Jessica | Kitchen Cleaning Hacks That Save Time (and Actually Work) | Better Homes & Garden, Retrieved 8 August 2023 from

<https://www.bhg.com/homekeeping/house-cleaning/tips/brilliant-tips-to-clean-your-dirty-kitchen-that-actually-work/>

By Mary | How to Clean Your Favorite Kitchen Appliances and Finally Get That Layer of Grime Off | The Spruce, Retrieved 2 February 2025 from

<https://www.thespruce.com/how-to-clean-small-kitchen-appliances-8782620>

By Kate Windle | How to Clean Range Hood Filters like a Pro? | Bond Cleaning Sydney, Retrieved 5 February 2025 from

<https://www.bondcleaning.sydney/cleaning-range-hood-filters/>