



# Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

<b>Title of Video and Topic:</b> Common Kitchen Injuries and Prevention Methods	
___ Micro-video Series ___ Tutorial ___ Training ___ Screencast <input checked="" type="checkbox"/> Presentation/Lecture	
<b>Grade or Target Age Group Level:</b> 10-14 year old kids.	
<b>Video Duration</b> ( <i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i> ) : 4:59	
<b>FCCLA Integration</b> ( <i>National Programs, Competitive Events, Meetings/Events, if applicable</i> ): Correlates to Culinary Arts by showing how to stay safe in the kitchen using safe practices, and the Student Body National Program by talking about physical health.	
<b>Video Learning Objective(s):</b> 1. Viewers will be able to stay safe while cooking. 2. Viewers will know what to do if they get hurt. 3. Viewers will know how to properly use kitchen equipment and tools.	
<b>National Family and Consumer Sciences Standards (or others as appropriate):</b> 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements. 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.	
<b>Career Readiness Practices (Select all that apply):</b>	
<input checked="" type="checkbox"/> Act as a responsible and contributing citizen and employee <input checked="" type="checkbox"/> Apply appropriate academic and technical skills <input type="checkbox"/> Attend to personal health and financial well-being <input type="checkbox"/> Communicate clearly and effectively and with reason <input type="checkbox"/> Consider the environmental, social and economic impacts of decisions <input type="checkbox"/> Demonstrate creativity and innovation <input type="checkbox"/> Employ valid and reliable research strategies	<input checked="" type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them <input type="checkbox"/> Model integrity, ethical leadership and effective management <input type="checkbox"/> Plan education and career paths aligned to personal goals <input type="checkbox"/> Use technology to enhance productivity <input type="checkbox"/> Work productively in teams while using cultural global competence
<b>Materials Needed to Create Video:</b> Capcut video editing software, my iPhone, my iPad, Microphone, a stove, a knife, gloves, bandages,	

**Instructional Strategies:**

**Key Topic/Step 1:** How to treat common kitchen injuries.

**Timeframe:**

**Storyboard/Scripting (media/images/notes):**

Today we are going to cover common kitchen injuries and how to prevent them to stay safe and informed.

First the most common are cuts. If you cut your finger with a knife or something sharp remain calm and notify a parent or guardian. You should wash the wound first, then bandage the wound and wear a glove if you need to continue to handle food as well as use caution. Second most common would be burns. A burn can be 1st, 2nd or 3rd degree. Each requires different treatment. For A 1st degree immediately immerse the burn in cool tap water or apply cold, wet compress. For a 2nd degree burn Apply ointment to keep the burn moist. You may want to use petroleum jelly or an antibiotic cream or ointment, like triple antibiotic ointment and bandage the burn. And for a 3rd degree burn, which damages all three layers of the skin, epidermis, dermis, and hypodermis, you should receive immediate medical attention. Third common injury would be slips and falls. Liquids and or oils are common causes for slips. If you fall, make sure to rest and check for any wounds. If you notice swelling, place an ice pack on the wound. If it hurts to walk, seek medical attention as it may be a fracture or something serious.

**Key Topic/Step 2:** How to prevent common kitchen injuries.

**Timeframe:**

**Storyboard/Scripting: (media/images/notes):**

Now moving on to prevention methods. For preventing cuts, of course never hold the knife by the blade. Also, when passing a knife, always hold it downward with the blade facing you. When using a grater use caution and go slow. Lastly, pay attention to what you are doing. The reason you should pay attention while cutting is because the second you look away increases your risks. When it comes to burns, you should always be aware of your surroundings. Never touch hot surfaces as that would result in burns. To check if something's hot, put your hand above the heated area. If the heated area is warm above it, then it would still be hot. If you are trying to cool down a pan, hold it by the handle and rinse it in cold water. When carrying hot pans around the kitchen, be aware of the people in the kitchen. The second you don't pay attention to where you're going, you could bump into someone and burn them.

Finally, preventing falls and slips. Slips and falls are common in the kitchen and are very simple to prevent. It is important to clean up spills immediately, as it is likely you will slip. If you are trying to reach for high places try to use a step ladder, or a stable stool. Never use the counter, boxes, or any unstable platform.

**Key Topic/Step 3:**

**Timeframe:**

**Storyboard/Scripting (media/images/notes):**

**Summary/Ending (summary of key learning, next steps for viewer, and call to action for viewer) :**

In this video about treating common injuries and proper use of equipment. We learned how to treat cuts, burns, and fall injuries. While we also learned how to prevent further kitchen injuries. So before you go please know that it's important to stay safe when cooking and having a safe environment, be careful in the kitchen even if you're not making a full meal. I suggest you take steps to prevent injuries for you or your family and use proper safe methods. And finally, if you're a minor, never work in the kitchen unsupervised.

**Application or Assessment of Learning:**

Although he found it helpful when using the kitchen, it wasn't enough. I did not cover enough information and there's a bunch more hazards in the kitchen other than cuts, burns, and slipping. One of the other hazards are chemical hazards. Next time to improve, I should cover more topics and go through them entirely.

**Source (If Applicable: cite any published or copyrighted materials used in this video):**

Watson, Stephanie. "First Aid Tips for Kitchen Accidents." WebMD, 19 Oct. 2020, [www.webmd.com/first-aid/kitchen-first-aid](http://www.webmd.com/first-aid/kitchen-first-aid) "How to Avoid Kitchen Injuries at Work." Wwww.linkedin.com, www.linkedin.com/pulse/how-avoid-kitchen-injuries-work-brandonjbroderick. Accessed 8 Jan. 2024.

Teacher, The Mindfulness. "1 Min Classroom Timer // MOUNTAIN RIDGE // Relaxing Music." Wwww.youtube.com, 24 Sept. 2021, [www.youtube.com/watch?v=RHwRhAzaM0U&t=0s](http://www.youtube.com/watch?v=RHwRhAzaM0U&t=0s). Accessed 17 Jan. 2024.

**Additional Notes:**