

Conventional Oven Transcript

Sylvia is a nutritionist at ABCD Head Start in Boston Massachusetts. She will be demonstrating the safe procedures for operating a conventional oven. Because you will be working with hot gas or electric equipment using and cleaning a conventional oven can be dangerous. Please review the segment on electrical and gas safety.

This illustration shows the parts of the conventional oven that you should know.

Before using a conventional oven you need to follow a few general safety guidelines.

Do not wear loose clothing or jewelry because they can get caught in the equipment. Before starting or changing food preparation tasks wash your hands. Follow the food code and your standard operating procedures for glove use and be sure all equipment pans and utensils are clean and sanitized. Be careful not to touch any part of the pans or oven racks with your bare skin. Remember that you are working with hot equipment. Always use dry oven mitts when carrying hot items. Do not store plastic items or other utensils in the oven. They could melt or burn.

Now, Sylvia is going to show you how to safely use the conventional oven to bake a sweet potato harvest cake.

First, preheat the oven. To do this turn the oven on and set the thermostat to the desired temperature. When the oven shows that it is preheated load the food to be baked into the oven by using oven mitts. Load the food as quickly and safely as possible to keep heat from escaping. Shut the oven door and set the timer. When the timer goes off and the food is properly baked use oven mitts to carefully remove the pans. When done, turn the temperature to zero and then turn the oven off.

Safe cleaning directions

First, check that the oven is off and allow the oven to cool completely. Follow lockout/tagout procedures. Now take out the racks clean them in the pot and pan sink. Wash the inside of the oven with warm water and detergent then rinse. Then wash both the inside and outside of the doors with water and mild detergent and rinse.

If you believe the oven is not working properly tell your supervisor. Never try to fix it yourself or ask anyone who is not trained. This concludes the conventional oven segment of the training.

Please take a few minutes to answer the review questions provided by your supervisor.

You should get a demonstration in addition to this training to ensure your safety when using the equipment. If you have any questions or need more help to safely operate the equipment ask your supervisor. Remember that conventional ovens may be different and you should always refer to the user's manual provided by the manufacturer for more specific instructions or ask your supervisor.