

# Kitchen Safety

Can you spot the kitchen hazards?



Write your ideas below...

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## A Safe Kitchen



## General Kitchen Safety Tips

1. Wipe up spills immediately.
2. Dry hands after washing them. Wet hands are slippery.
3. Wrap sharp objects in newspaper before throwing into garbage.
4. Store all knives in a separate place and out of the reach of children.
5. Always use a cutting board.
6. When drying knives, turn blade away from your hand and dish towel.
7. Use a heat safe spoon when stirring foods during cooking.
8. Clean up broken glass right away with a wet paper towel.
9. Be careful with opened cans. The sharp edges could cut you.

## Pots and Pans

1. Turn handles of pots and pans away from you and over the range (but not over another burner) so no one will bump or spill the hot food.
2. Lift pot covers away from you. This allows steam to escape away from you. Hot steam can burn your face.
3. Use a dry pot holder to remove items from a conventional or microwave oven, or when picking up anything hot.

## Cupboards and Shelves

1. Keep cupboard doors closed.
2. Use a stool or mini-step ladder to reach for things on high shelves. Avoid reaching over stove top when it is in use.

## Appliances

1. Check electrical appliances for frayed cords and replace those immediately. Do not overload your outlets and circuits.
2. Do not operate the microwave oven if the door glass is broken or the door seal is worn.

## Prevent Kitchen Fires



1. Use extreme caution when cooking with oil.
2. Keep container of cooking oil away from heat source.
3. Avoid using dish rags to remove foods from the oven.
4. Keep range clean of food spills and grease.
5. DO NOT throw water on a grease fire!
6. In case of emergency....CALL 911!



# Take these safety precautions:

1. Keep potholders on hand.
2. Turn pot handles in.
3. Keep the floor uncluttered.

