

Kitchen Safety

- 1. Don't leave the kitchen with something cooking on the stove.
- 2. Tie back long hair and avoid wearing loose clothing to avoid catching on fire.
- 3. Keep pot handles turned away from the front of the stove. This prevents children from grabbing the handle and adults from accidentally bumping into it.
- 4. Keep flammable material such as dish towels and oven mitts away from the stove.
- 5. Be sure to wash your hands and utensils after handling raw meat, poultry, or fish.
- 6. After you are finished cooking, clean and clear countertop and make sure appliances, stove and oven is turned off before leaving the kitchen.
- 7. Unplug electric appliances before touching sharp edges.
- 8. Be aware of hot steam which can cause burns or scalding.
- 9. Store chemical products separate from food containers.
- 10. Use a cutting board when chopping ingredients.
- 11. When using a knife, cut away from your body.
- 12. Do not use metal in the microwave.
- 13. Clean up any spills immediately.
- 14. Keep a fire extinguisher nearby.
- 15. Do not run in the kitchen.

Quiz Corner

Q: What should you do before, during, and after you cook something on the stove?