



## Kitchen Safety Tips

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### Heat and Fire Safety

- Never reach across the range.
- Always keep pot handles turned inward to prevent spillage by snagging on clothing (or children's hands).
- Do not wear loose-fitting clothing while cooking.
- When handling hot items, use oven mitts (which should be kept close-at-hand).
- Always remove pot lids by allowing steam to escape farthest from you. Steam, though invisible, can cause serious burns.
- When cooking with large quantities of oil, be alert at all times. Be mindful of spillage and never allow water or other liquids near hot oil. If dropped into the oil, they will turn into steam and spray with force.

### Electrical Appliances

- Never use electrical appliances near water.

### Sharp and Breakable Objects

- Demonstrate safe use of knives. Use a peeler or small scissors when possible.
- Do not store knives loosely in a drawer where hands are as likely to land upon a blade as a handle.
- Keep knives sharp.