



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?

A: _____

