

# Prevention of Burns in Kitchens

**WEAR PROPER CLOTHING--** Wear long-sleeved cotton shirts with snug fitting sleeves and long pants. Using a clean, dry, and properly worn apron can provide additional protection.

**Always Use Oven Mitts or Potholders.** Assume that pots, pot handles, lids, and utensils in pots are hot. Do not use a wet cloth to lift lids from pots.



**NEVER Overfill** pots, pans, and grease fryers.

**NEVER** carry or move oil containers with oil that is hot or on fire.

**GOOD HOUSEKEEPING--** Keep cooking areas clean and free of food and grease accumulations that might ignite and cause a fire. Keep floors clean, dry, and uncluttered.

**DO NOT** store flammable items, such as cleaners, mitts, or potholders, near heat producing equipment or open flames.

**Properly Set Burner Flame--** adjust the burner flames to cover only the bottom of the pan.

**Watch for or Notify Co-Workers** when moving hot objects.

**Avoid Reaching Across** hot burners and surfaces.

**Turn Pot and Skillet Handles In** so these items cannot be pulled or knocked off the stove or a counter top.

**Avoid Steam, It Burns.** Open lids away from you.

**Use Extreme Caution When Using a Fryer:**

- **Gently raise and lower fryer baskets** while cooking to avoid splashing.
- **Keep liquids and beverages away--** from hot oil.
- **Never overfill** the baskets.
- **Never stand too close or lean over** the fryer.
- **Never filter or drain hot oil.** Drain oil into a metal container.
- **Never pour excess ice crystals** from frozen food in the hot oil.

