

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.

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