



## Kitchen Safety Tips

Be safe in the kitchen by following these easy tips:

### Prevent fires and burns:

- Use dry oven mitts or potholders.
- Turn hot (pot) handles to the centre of the stove.
- Tilt (pot) lid away from face to prevent burns from steam.
- Clean grease from stovetop and over.
- Keep hair tied back.

### Prevent electrical shocks:

- Keep electrical equipment and cords away from water.
- Keep wet hands away from electrical outlets.
- Turn off an appliance before plugging it in.
- Hold the plug – never the cord – when unplugging.

### Prevent falls:

- Clean up spills immediately (right away).
- Keep floor clear of objects you can trip over.
- Pick up dropped food.

### Prevent cuts:

- Use sharp knives. Use the right knife for the job.
- Cut away from your body.
- Hold the knife by its handle.
- Wash knives separately and store in their proper place.
- Sweep glass immediately with broom and dustpan. Use wet paper towel for smaller pieces.

