

BASIC KITCHEN SAFETY HINTS

- Always wash your hands before handling food.
- Remove loose-fitting or bulky jewelry and don't wear clothing with long or loose sleeves.
- Make sure your hands are dry before handling electrical appliances or plugs.
- Assemble all of your necessary tools and ingredients before starting any cooking or baking project.
- Store knives in a knife holder or with protective covers over the blades.
- Close cabinet doors and drawers immediately after use.
- Position the handles of pots and pans so that they do not extend over the front or side edges of the stove or over another burner.
- Don't lean on the stove or over the burners when setting the stove or oven dials or while you're cooking.
- Clean up spills and breakage immediately.

Page 1 of 2

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BASIC KITCHEN SAFETY HINTS *(cont.)*

- Match pots and pans to the correct burner size.
- Position the handles of pots and pans so that they do not extend over the front or side edges of the stove or over another burner.
- Always use flame retardant elbow-length oven mitts when removing hot pans from the stovetop or oven. Make sure they are dry and in good repair, without worn spots or holes.
- Have trivets and hot pads nearby when you cook.
- Remember to turn off appliances before removing food from a burner, grill, or oven.
- Stand off to the side when you open the oven door, not directly in front of it.
- Unplug electrical appliances when you're not using them.

Page 2 of 2

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