



for Food Service

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TEN STEPS FOR AVOIDING BURNS

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- ✓ Use pot holders, gloves and mitts. Never use wet material as a pot holder. Use long gloves to protect your arms when taking racks or pans in or out of the oven.
- ✓ Avoid overcrowding on the range tops.
- ✓ Set pot handles away from burners, and make sure they don't stick out over the edge of the range.
- ✓ Adjust burner flames to cover only the bottom of a pan.
- ✓ Place sealed cooking pouches in boiling water carefully to avoid splashing.
- ✓ Never leave hot oil or grease unattended.
- ✓ Ask for help when moving or carrying a heavy pot of hot liquid off the burner.
- ✓ Lift lids from pans carefully to avoid steam burns.
- ✓ Use hot pads and be careful when removing food and food containers from the microwave. Lift lids carefully to allow steam to escape.
- ✓ Open ovens and steamers by standing to the side.
- ✓ Use carts to move hot pots and pans rather than carrying them.
- ✓ Wear long-sleeved cotton shirts and pants when cooking. Wear sturdy footwear that is slip resistant and not canvas or open-toed to protect the feet in case hot liquids are spilled on shoes.
- ✓ Make sure you have a surface that is clean and large enough to hold the hot pan you are moving.

