



for Food Service



EDUCATIONAL
SERVICE
DISTRICT 112

S

Don't Get Burned

You can not avoid having heat sources in the kitchen, but you can avoid burns by following some basic rules:

A

- Use long, heat-resistant gloves when taking racks or pans in or out of ovens to avoid burns to arms.

F

- Get help when handling large roasting pans, kettles, trays, and when moving or carrying a heavy pot of hot liquid from the burner.

E

- Lift lids from pans carefully to avoid steam burns.
- Make sure you have a surface that is clean and large enough to hold the hot pan you are moving.

T

- Avoid splashing water into the deep fryer. Always use the basket, and submerge food slowly when using the deep fryer.

Y

- If you have to leave the area, make certain others know what is hot before you go.
- 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.

T

- Use tongs and oven mitts to remove hot items from steamers or pasta boilers.
- Place hot steamed items on trays to carry, rather than carrying steamed containers across the floor, leaving a trail of dripping hot water that may cause slips and falls.
- Open ovens or steamers by standing to the side, keeping the door between you and the open steamer.

A

- Be careful if you have to reach above an oven or steamer. Hot air and steam rises and you could be burned.

L

- Do not open cookers and steam ovens when they are under pressure.
- Check hot foods on stoves or in the microwave carefully. Uncover a container of steaming materials by lifting the lid open away from your face.

K

- Place sealed cooking pouches in boiling water carefully to avoid splashing.
- Assume that pots, pot handles, and utensils in pots are hot. Use oven mitts when handling them.

S

- Adjust burner flames to cover only the bottom of the pan. Avoid overcrowding on range tops.
- Avoid overfilling pots and pans.