TEN STEPS FOR AVOIDING BURNS

✓ 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.