

Use a Pot Holder and Lift Lids Away from You

Pick up hot pans, lids, and racks with thick, dry pot holders.

Hot steam can burn your face. So always lift the lid off a hot pan carefully. Lift it so the side farthest away from you opens first.



Turn Handles Back

Knocking over a pan can spill burning hot food on you. Always turn pan handles away from the front of the range. That way, nobody will bump into them by accident.



Fry with Caution

Cook greasy foods at medium or low heat. Make sure the food is dry. Water on food causes hot fat to splatter. It can burn you.

If hot fat catches fire:

1. Turn off the heat.
2. Cover the pan.
3. Pour baking soda or salt on the flames.



Keep Burners Clear

Be sure that books, papers, plastic containers, pot holders, and all other items are kept away from the stove. Remember, a burner that is turned off can still be very hot.



Use Appliances Safely

- Use only one appliance at a time in each outlet.
- Unplug appliances when they are not being used.
- Pull the plug gently. Never yank on the cords.
- Keep cords out of the way so appliances won't get pulled over accidentally.
- If food gets stuck, turn the appliance off and unplug it before removing the food.
- Never use appliances near water or with wet hands.

