

## **Kitchen Safety**

The kitchen is often one of the busiest and most dangerous places in the home. Young children are at the greatest risk for injury. 65% of all residential fire calls are related to the kitchen. More injuries occur in the kitchen than any other room in your home. Here are some simple safety tips to help keep your kitchen safe:

- ⌚ Most importantly, always stay in the kitchen when cooking. Do not leave food on stove unattended.
- ⌚ Turn handles inward when using pots and pans on the stove.
- ⌚ Place hot dishes on center of table or counter, not close to the edge.
- ⌚ Clear toys and other objects away to prevent fall injuries
- ⌚ Do not store snack foods above the stove. This may encourage climbing.
- ⌚ Do not allow electrical cords to dangle over the edge of counter or table.
- ⌚ Keep items that catch fire easily away from stove, toasters and hot plates.
- ⌚ Use only appliances which have a laboratory testing label, i.e.; UL or FM.
- ⌚ Do not overload electrical outlets.
- ⌚ Unplug electrical appliances when not in use.
- ⌚ Keep stoves clean and free of grease and oil.
- ⌚ When cooking, wear tight fitting clothing or shirts with short sleeves.
- ⌚ Clean vent filters regularly.

## ***Microwaves***

- ⌚ Follow cooking directions on food packages.
- ⌚ When food is cooked, stir and let sit for a few minutes. This can prevent burns to the lips and mouth.
- ⌚ Popcorn can burn easily in a microwave. Follow package directions carefully.
- ⌚ Do not put any type of metal in the microwave. It may cause a fire.
- ⌚ If a fire starts, close the door and unplug the cord.