

Cooking Safety Checklist:



- Stay in the kitchen** when you are frying, grilling, or broiling food. Turn off the stove if you leave the kitchen.
- If you are simmering, baking, or roasting, check it regularly and use a timer.**
- Keep things that can catch fire** — potholders, oven mitts, paper or plastic bags, curtains — away from your stovetop.
- Wear short, close-fitting or tightly rolled sleeves** when cooking to avoid loose clothing catching on fire.
- Have a “kid-free zone”** of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- If you have a stove fire, just get out and call the fire department.**
- Keep an oven mitt and lid nearby** when you’re cooking. If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner and do not move the pan. Leave the lid on until the pan is completely cool.
- In case of an oven fire, turn off the heat and keep the door closed.** After a fire, the oven should be checked and/or serviced before being used again.
- Open microwaved food slowly, away from the face.** Hot steam from a container of microwaved food or the food itself can cause burns.
- Never heat a baby bottle** in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.
- Treat a burn right away, putting it in cool water.** Cool the burn for three to five minutes. Cover with a clean, dry cloth. If the burn is bigger than your fist, or if you have any questions, get medical help right away.
- Think Green!** Unplug small appliances when not in use.