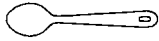


Kitchen Safety Rules



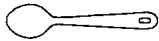
Turn the handles of pots and pans inward so you can't knock them off and spill something or burn yourself.



Always use a dry potholder or oven mitt when handling pots and pans. Wet potholders won't keep the heat from burning your fingers.



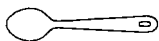
Put foods gently into boiling water so it will not splash on you.



Lift lids from hot pots with the opening away from you.



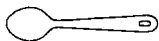
Keep loose clothes, long sleeves and long hair away from hot burners along with dish towels, potholders and recipes. They might catch fire.



Do **NOT** put hot grease into water or water into hot grease. It will splatter and might burn you. In case of a fire, call an adult for help.



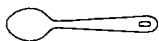
When you're finished cooking, always make sure all oven and stove dials are turned off.



Keep wet hands away from electrical outlets.



Always pick up a knife by its handle, not its blade.



When cutting, always cut away from yourself.

