

Kitchen Sense!

Burns and Scalds

- ◆ Assume all pots, pans and metal handles are hot! Touch them without protection only when you are sure they are *not* hot — or use an oven mitt.
- ◆ Keep pot handles away from the hot burners and be sure they are not sticking out from the counter or cooking surface.
- ◆ Follow the recommended temperature setting in the recipe.
- ◆ Lift lids by opening them *away* from you.
- ◆ Wear long-sleeved cotton shirts and cotton pants to protect yourself from burns. *Don't* wear synthetics — they can melt!



Slips and Falls

- ◆ Keep floors and stairs clean and dry.
- ◆ Use slip-resistant waxes to polish and treat floors.
- ◆ Use adequate warning signs for wet floors and other hazards.

Hazardous Chemical Exposure

- ◆ Read the label on the container.
- ◆ Be sure to close the oven, dishwasher or cupboard doors.
- ◆ Review the Material Safety Data Sheet before using the chemical.
- ◆ Always keep chemical containers closed.
- ◆ Store liquid chemicals on the lower shelves.
- ◆ Select the personal protective equipment based on the hazard.



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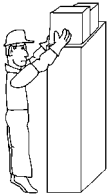
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Lifting and Carrying



- ◆ Use gloves to improve your grip.
- ◆ Lift by holding the load close to the body.
- ◆ When the load is too large or heavy, ask for help.

Reaching



- ◆ Reach only as high as it is comfortable for you.
- ◆ Use a stool or ladder.
- ◆ Support your body with one arm when reaching down.

Pushing and Pulling



- ◆ Stay close to the load.
- ◆ Use both arms.
- ◆ Push rather than pull whenever possible. The body can push *twice* as much as it can pull.