



# Kitchen Safety

Better safe than sorry!



## 1 Don't Rush

Rushing around the kitchen increases your odds that an accident will happen. Unless you're a pro, cut food slowly, do not run from station to station, and take your time when moving hot pots and pans.

## 2 Know Your Equipment

The kitchen is filled with tons of appliances and gadgets that you need to know how to use properly. Always take the time to read instructions that come with appliances so you understand how to use them. Cutting yourself is NOT fun!

## 3 Don't Leave Food Unattended

Never leave the house when food is cooking or baking, except when using a slow cooker. Even then, it's best to place your slow cooker on a cool stove top or another heatproof surface. Food can quickly go from browning to burning to bursting into flames!

## 4 Germs!

Use a tissue to cover your mouth and nose for sneezes or coughs, and turn away from food while coughing or sneezing. Wash hands right away after a cough or sneeze. No one wants to eat your germs!