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.

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