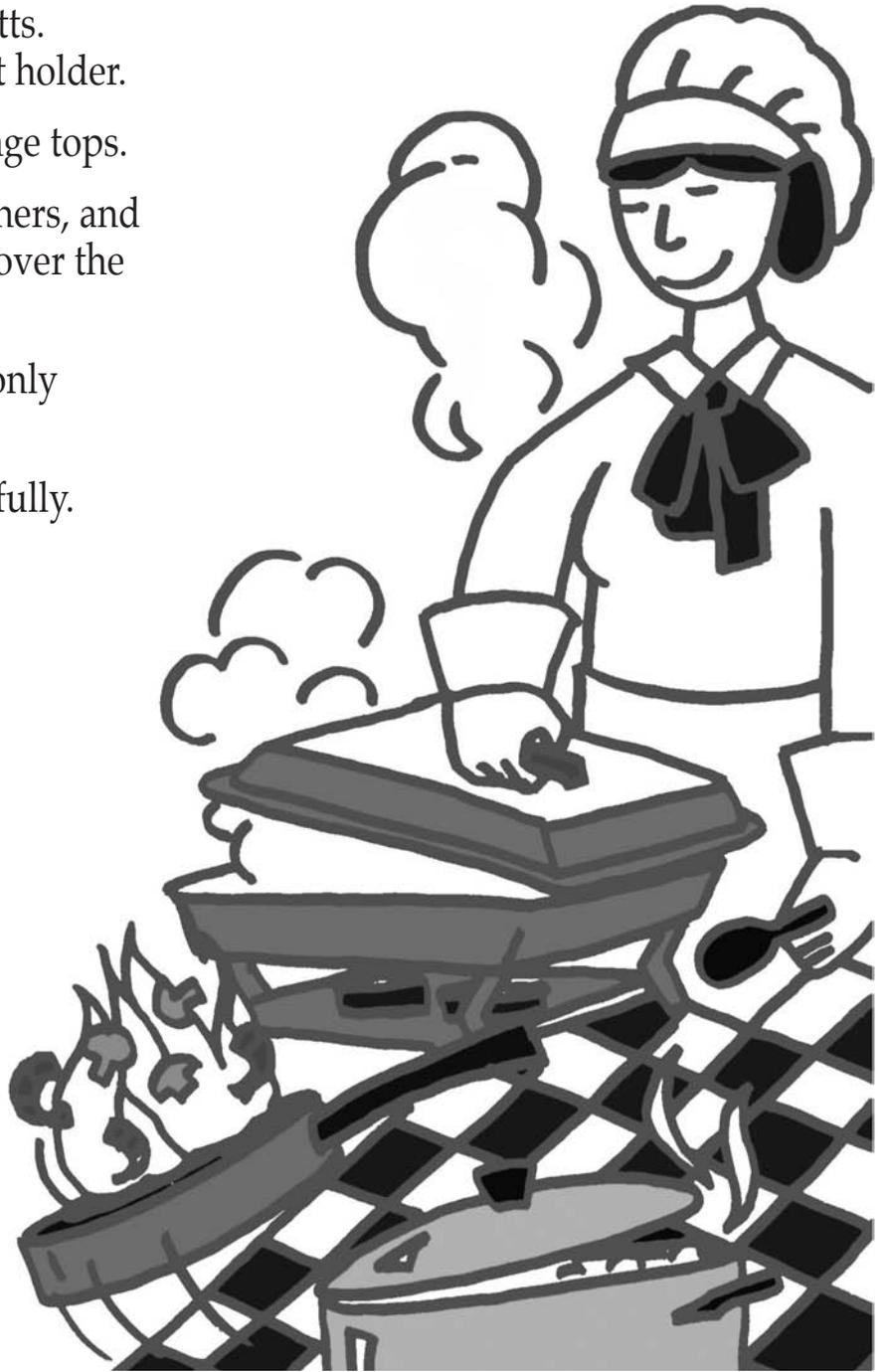


TEN STEPS FOR AVOIDING BURNS

1. Use pot holders, gloves and mitts.
Never use wet material as a pot holder.
2. Avoid overcrowding on the range tops.
3. Set pot handles away from burners, and make sure they don't stick out over the edge of the range.
4. Adjust burner flames to cover only the bottom of a pan.
5. Check hot foods on stoves carefully.
6. Place sealed cooking pouches in boiling water carefully to avoid splashing.
7. Never leave hot oil or grease unattended.
8. Ask for help when moving or carrying a heavy pot of simmering liquid off the burner.
9. Do not use metal containers, foil, or utensils in a microwave oven.
10. Use hot pads and be careful when removing food and food containers from the microwave.
Lift lids carefully to allow steam to escape.



Washington State Department of
Labor & Industries
Division of Occupational Safety and Health



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