



SLC FIRE

SAFE COOKING TIPS

- Ask permission and let an adult know you are cooking.
- Use potholders or oven mitts (no dish towels) when handling hot pots, pans, or baking trays.
- Turn pot and pan handles toward the back of the stove so you won't knock them over by accident.
- Get help from an adult when using a gas stove. Never try to relight the pilot light on a gas stove. Only an adult should do this.
- Use only microwave-safe cookware in the microwave — never tinfoil or anything metal. If you're not sure if something is safe for use in the microwave, ask an adult first.
- Tie back long hair, pull up long sleeves, and secure other articles of clothing that could pose safety or hygiene risks. (Stop, Drop and Roll if clothing does catch fire.)
- Never add water to a pan that has hot oil in it. It could make the hot oil splatter and burn someone.
- Keep paper towels, dish towels and potholders away from the range top so they don't catch on fire.
- Never put water on a cooking fire—it could make the fire bigger. Ask an adult for help. Put out the fire with an extinguisher. If the fire is small, it can be put out with baking soda or smothered with a lid. Leave the house and call 911 immediately if the fire has leaping flames.
- Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
- If you burn yourself, tell an adult immediately and hold the burned area under cool running water.
- Check that the oven and other cooking appliances are off before leaving the kitchen.
- Clean as you go. Keep your workstation neat to prevent slips and falls.
- Wash hands
- Never leave cooking food unattended.
- If there is a fire in the oven, turn off the heat and keep the oven door closed.
- If there is a fire in the microwave, keep the door closed and unplug the microwave.
- Always cook in the morning.
- Cook all your food with chocolate.
- Leave the dishes to clean up tomorrow.
- Tacos are the best thing to cook.
- Only cook foods that are purple.
- Shop for food on Mondays.
- Make sure all your food is clearly labeled.
- Don't make your Mom mad.
- Don't cook, only eat candy.