



Stove and Cooking Safety

If you cook or work around hot ovens, stoves or other cooking appliances there are certain safety precautions you should take.

When You're Cooking

- ◆ Remove all flammable items from the cooking area.
- ◆ Use large oven mitts—preferably ones that cover your forearms.
- ◆ Don't wear clothing that's loose-fitting or has dangling sleeves.
- ◆ Make sure there's a lid nearby for each pan you use.
- ◆ Closely watch anything you're heating on a stove or in an oven, especially when cooking with grease or oils.
- ◆ Make sure there's enough ventilation for stoves and that grease filters are clean and properly used (to prevent grease fires in the exhaust ducts).
- ◆ Keep stoves, ovens and all cooking appliances clean.
- ◆ Never turn up a burner or oven to a higher temperature than is needed.

If There's a Fire:

- ◆ in an oven, close the oven door and let the fire burn out itself. Closing the door shuts off oxygen the fire needs to burn.
- ◆ in a pan on the stove, smother the fire with the lid. (Don't use water if it's a grease fire.)
- ◆ that has spread from a pan, smother it with a wet towel.

Cooking Dangers

- ◆ **Steam**—Steam can build up under a lid, plastic wrap or anything used to cover hot or cooking food. Use oven mitts to lift a lid, beginning with the side farthest away from you, letting the steam escape. When removing plastic wrap or foil from a dish, prick the wrapping with a knife or fork and keep your fingers and face clear as the steam escapes.
- ◆ **Grease and oils**—Avoid carrying uncovered pans of hot cooking oil or grease. They can easily flare up or be spilled.
- ◆ **Foods**—Avoid letting your fingers or hands come in contact with hot food. Don't leave hot food anywhere it could be spilled.
- ◆ **Heat**—Never leave hot items near the edge of a table or on a tablecloth that can be pulled off. Always wear oven mitts when touching hot plates, pots, pans or utensils.
- ◆ **Hot water**—Hot water is dangerous because the water as well as its steam can cause serious scalds. Never carry boiling water. Never put your hands into water until you know its temperature.

Cooking With Fire

- Sometimes you may need to prepare food using an open flame. Preparing foods with fire enriches flavor and makes a great impression if done correctly in front of customers. But it requires some special precautions.
- ◆ When using liquor to flame food, always pour it into a ladle and then into the pan. If you pour liquor from a bottle near an open flame, the flame can follow the liquor stream into the bottle and make it explode.
 - ◆ Light the food by pouring the liquor over it and immediately lighting it with a long match, or light the liquor in the ladle and pour it flaming over the food.
 - ◆ Turn your face away from the food as you light it.
 - ◆ When cooking with fire, be sure the flame is far away from people, curtains, draperies, napkins and tablecloths.