

# Easy Dos & Don'ts To Prevent Burns

## Do:



- ✓ Wear long sleeves and long pants when cooking.
- ✓ Use potholders, gloves, and mitts, never use wet material as a potholder.
- ✓ Adjust burner flames to cover only the bottom of the pan.
- ✓ Check hot food on stoves carefully.
- ✓ Avoid steam, it can burn. Open lids away from you.
- ✓ Use caution when removing items from the microwave.
- ✓ Wear sturdy footwear that can offer protection to your feet.

## Don't:

- ✗ Leave hot oil unattended.
- ✗ Lean over pots of boiling liquids.
- ✗ Spill water into hot oil.
- ✗ Allow pot handles or cooking utensils to stick out from counters or stove front and keep pot handles away from burners.
- ✗ Use metal containers, foil, or utensils in microwave ovens.

