

# Kitchen Safety



## Keep foods out of the "Danger Zone"

Warm hot foods above 135°F  
Cool foods below 41°F  
Refrigerate leftovers within 2 hours



## Too hot to handle

Use thick hand mitts and pot holders  
Cool grease before transporting



## Making the cut

Cut away from the body  
Use a sharp blade  
Never ever use a knife to turn a lid



## Wash Away

...hands and surfaces before using  
...fresh foods before cutting or eating  
...tops of cans before opening



## No slip ups

Use slip-resistant shoes that are supportive and comfortable  
Get a foot up with foot rests or stools  
Use anti-slip rugs or underlays



## If grease catches fire

1. Turn off burner
2. Put the lid on the pan
3. Pour baking soda or salt on the flames