Keep foods out of the "Danger Zone"
Warm hot foods above 135°F
Cool foods below 41°F
Refrigerate leftovers within 2 hours

Use thick hand mitts and pot holders
Cool grease before transporting

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

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

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