Preventions

- Use pot holders, gloves and mitts. Never use wet material as a pot holder.
- Avoid overcrowding on the range tops.
- Set pot handles away from burners, and make sure they don’t stick out over the edge of the range.
- Adjust burner flames to cover only the bottom of a pan.
- Check hot foods on stoves carefully.
- Place sealed cooking pouches in boiling water carefully to avoid splashing.
- Never leave hot oil or grease unattended.
- Ask for help when moving or carrying a heavy pot of simmering liquid off the burner.
- Do not use metal containers, foil, or utensils in a microwave oven.
- Use hot pads and be careful when removing food and food containers from the microwave. Lift lids carefully to allow steam to escape.
- Open lids away from your body
- Do not overfill pots and pans

Protections

- Have first aid kits, gloves, and other protective equipment available for staff designated to provide first aid
- Train designated staff on each shift to provide first aid for burns.
- First aid is the best way to minimize the damage caused by a burn.
- Make sure everyone knows who is designated to provide first aid.
- Do not apply ointments, sprays, antiseptics, home remedies, butter, or grease to burns.
- If over 15% of the body is burned, give appropriate first aid. Call 911, or follow the restaurant’s procedures to get the person to a doctor or hospital immediately.