

# Safety Checklist



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## KITCHEN SAFETY CHECKLIST

- Use a sturdy step stool with handrails or a utility ladder to reach high cabinets and shelves.
- Store hazardous products in their original containers. Keep out of children's reach and away from food.
- Store knives in a special rack or compartment. Keep them separate from other utensils to avoid cutting yourself when reaching into a drawer.
- Keep garbage in a cabinet or pail equipped with a child-resistant latch. Garbage pails with a child-resistant latch protect children from eating food or items that could cause choking, suffocating or poisoning.
- Prevent curious young children and pets from being exposed to potentially hazardous products by storing them in locked cabinets out of their sight and reach.
- Avoid wearing loose fitting clothing and long sleeves that can catch fire or snag on cookware handles.
- When cooking, roll up or fasten sleeves or wear clothing with short sleeves instead.
- Keep pot holders and oven mitts close at hand. Never use a towel, apron or other lightweight cloth when lifting hot pans or dishes from the stove top or oven. The sudden heat transfer may cause you to burn yourself, or drop or spill the hot item.
- Keep hand towels, pot holders and spice racks away from the stove. Hanging them over the stove means you have to reach across the cooking surface to get them. It also means they could catch fire from cooking heat.
- Turn pot handles away from the stove front. Don't position handles over another burner, either. Hot handles may catch fire or burn someone who touches the handle. To avoid accidental spills, use back burners and turn handles toward the center or back of the stove.
- Water or fire extinguisher chemicals can actually spread a grease fire. Keep a pot lid near the stove to smother flames in a pan quickly. Then turn off the burner and leave the pan on the stove. If a fire occurs in the oven or broiler, close the oven or broiler door. Then turn off the oven.
- Thoroughly clean broilers, ovens and ventilation ducts and hoods after each use to prevent grease buildup that may cause fires.