



# STAT FACTS!

## COOKING UP A RECIPE FOR BURN PREVENTION

While preparing food, you are at risk of getting burned in the kitchen. Keep these safety tips in mind while cooking hot dishes:

- ❖ Turn pan handles away from burners so they do not heat up excessively
- ❖ Wear oven mitts or use a hot pad when handling hot dishes
- ❖ Use pot tops to deflect steam away from your face
- ❖ Before opening a steamer, shut it off and wait several minutes before releasing the pressure
- ❖ Before opening a pressure cooker, shut off the steam supply and allow the pressure to equalize

If you can't be safe around the heat; get out of the kitchen!