



Safety Note

5

HOT SURFACES IN THE KITCHEN

Information provided here is intended for use by program representatives, master food preservers, and those they train.



According to the Burn Foundation, over 500,000 scald burns occur annually in the United States. The two highest risk populations are children under the age of 5 and adults over 65. Burn injuries in kitchens frequently happen when people are in a hurry, not sure what they are doing, or under a lot of pressure. Hot tap water accounts for 17% of all scald hospitalizations. Coffee, tea, and soup can be hot enough to cause a serious burn injury. Stoves are a major burn hazard. A part of running a good kitchen is planning and preparing for kitchen safety.

Hot Surface Safety Tips

- Never leave the kitchen unattended when food is being cooked.
- Do not have a crowded kitchen when cooking food and transferring hot items.
- Don't be distracted when cooking and working with very hot items.
- Pay attention to which burners on the stove are hot.
- Turn off burners, ovens and other hot appliances immediately when done using.
- Don't put combustible materials on a stove top when the stove is not in use.
- Never keep dish towels, paper towels, aprons or pot holders near the stove.
- Don't wear loose sleeves, sweaters or other clothing that can come in contact with a stove or other hot items.
- Be careful of steam when lifting lids from hot pans and pots and when taking food out of a microwave; open lids away from you.
- Turn pot and pan handles away from the front of stoves.
- Use water not your hands to test if a surface is hot.
- Have available, and always use pot holders and oven mitts when handling hot items. Do not use a wet mitt or pad as it will easily transmit heat.
- Try to stir hot food away from your body to reduce chances of splashing on yourself.
- Know your limits when lifting heavy items such as a hot pot of boiling water, jelly, or brine off the stove. Get help if needed.
- If you have a burn injury, seek first aid and medical treatment if needed.