



# 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.