# A screen shot of a computer  Description automatically generatedavoiding burns in the kitchen

There are plenty of opportunities for burns in a kitchen. Moving slowly and taking appropriate precautions can help prevent these types of injuries.

*How to prevent burns in the kitchen:*

* When handling hot items use oven mitts rather than picking something up with a hot pad. Mitts protect the front and back of the hand, especially when reaching in between hot items like pulling something from the oven.
* Never touch something to determine if it is still hot. Assume surfaces that get hot such as stovetops are always hot.
* When cooking in pots, open lids away from the face to avoid the path of the hot steam.
* Be very careful when pouring hot liquid such as soup or draining pasta. If necessary, transfer small amounts at a time by dipping the liquid out until it is a manageable amount to pour.
* Hot liquids should not be mixed in a blender as they can splatter causing burns.
* Wear long sleeves and use lids and splatter screens to control hot grease.
* Ensure pot and pan handles are not sticking out into the walkway where they can be knocked off the stovetop.
* If cooking in a fryer basket, fill no more than halfway.
* Ensure potholders are dry before using.