

01

Always use a full cover mitt rather than a hot pad



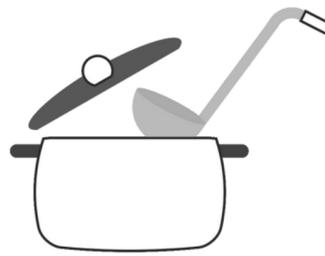
02

Never touch something to see if it is hot



03

Open lids away from face to avoid steam



04

Dip boiling liquids to a manageable level instead of pouring

AVOIDING BURNS IN THE KITCHEN

9
tips

To help us prevent burns while working in the kitchen



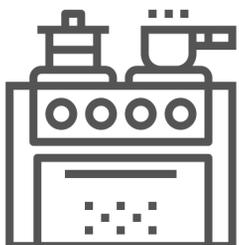
05

Never mix hot or boiling liquid in a blender



06

Wear sleeves and use splatter screens to control hot grease



07

Keep pot handles turned inward not out towards aisle



08

Fill fryer baskets no more than halfway



09

Ensure potholders are dry before using

Avoiding Burns in the Kitchen Training Guide

Below are questions and talking guides for avoiding burns in the kitchen.

Questions

Is a hot pad or square flat potholder just as good as a wearable mitt style?

True or False: Hot or boiling liquid should be transferred by spoon until a manageable amount is reached that can be poured.

What can be done to help control the issue of splattering hot grease from a pan?

True or False: It is fine if potholders are slightly damp when using to pick up hot pots or pans?

Answers

No they are not.

Mitts protect the front and back of the hand, especially when reaching between hot items such as reaching into the oven to retrieve a pan.

True:

Spooning out the hot liquid to a smaller and safer amount will ensure the liquid isn't splashed out and onto someone which could happen with pouring a heavy and full pot.

- Use a splatter screen to contain the grease
- Wear necessary sleeves or gloves for protection
- Turn down heat if needed

False:

When using a potholder ensure it is completely dry. Water is a conductor that can transfer heat up to 25 times faster than air. This makes the insulating material less effective in protecting the hand.