

Keep a Safe Holiday Kitchen

With pies baking, turkeys roasting and sauces simmering, the kitchen is a hub of activity during the festive season. Unfortunately, it is also the site of a number of incidents, injuries and fires especially at this busy time of year. Cook up a fabulous holiday season this year. Remember the one ingredient every kitchen simply can't do without...safety.

Kitchen Safety Tips

- Stay in the kitchen while cooking. If you must leave, turn down the heat on appliances and return quickly.
- Keep anything that can catch fire, such as dishtowels, paper or plastic bags, curtains, etc., at least one metre away from the stove top.
- Every kitchen should be protected by Ground-Fault Circuit Interrupters (GFCIs). If you don't have them, hire an electrician to install them.
- Avoid wearing loose-fitting clothing when cooking (such as long open sleeves) which can be ignited by hot burners.
- Remove mats or runners in the kitchen and dining areas that could cause someone to slip or trip while carrying hot dishes.
- Always turn pot handles inward to prevent small children from reaching up and pulling down a hot pan.
- Keep hot items, such as hot beverages and trays that have just come out of the oven away from the edge of counters, so that children are not able to reach them.
- Hot liquid and food burns often occur when children pull hanging tablecloths or place mats. Use table cloths and decorations with care.
- Food cooked in a microwave can be dangerously hot. Remove the lids or other coverings from microwaved food carefully to prevent steam burns.
- Keep children and pets away from the stove when anyone is cooking and never leave children in the kitchen unsupervised when food is being prepared.
- Store knives and other sharp objects out of the reach of children and make sure children are a safe distance away when you are using knives to avoid injuries.

Post emergency numbers in visible areas.